



## **How We Live Our Yoga: Teachers and Practitioners on How Yoga Enriches, Surprises, and Heals Us**

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*How We Live Our Yoga* collects fourteen frank, moving, and thoughtful personal essays by passionate yoga practitioners on why they began to practice, what it has brought to their lives, how their relationship to yoga changes and evolves, and more. Judith Lasater looks at the unexpected relationship between yoga and parenting. Award-winning poet Stanley Plumly ponders the connection between his Quaker upbringing, his writing, and his yoga practice. The well-known Sanskritist Vyaas Houston tells the story of his first guru and their difficult relationship. And philosopher and conceptual artist Adrian Piper comes out as a yogic celibate.

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