



# Mindful Yoga, Mindful Life: A Guide for Everyday Practice

*Charlotte Bell*

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## **Mindful Yoga, Mindful Life: A Guide for Everyday Practice** Charlotte Bell

A longtime yoga teacher and Buddhist meditation practitioner, Charlotte Bell describes in passionate detail how she applied the eightfold path of the *Yoga Sutras* and the Buddha's heed for mindfulness to her hectic Western life. The path is often rough; she writes of self-doubt and struggles, of trying too hard and discouragement, and of learning to accept the life she has—imperfections and all. But with grace and guts, she navigates the eight limbs of yoga, using the *Yoga Sutras* and insight meditation as her compass. She shows each limb at work in her relationships, music, asana, meditation, and even in writing this book. Her discussion of each limb includes practical ways that readers can bring mindfulness into asana itself, and in a section called "Reflections," Bell encourages readers to experience even the most ordinary activity as extraordinary, whether it's washing dishes, making tea, or rolling out their yoga mat.

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