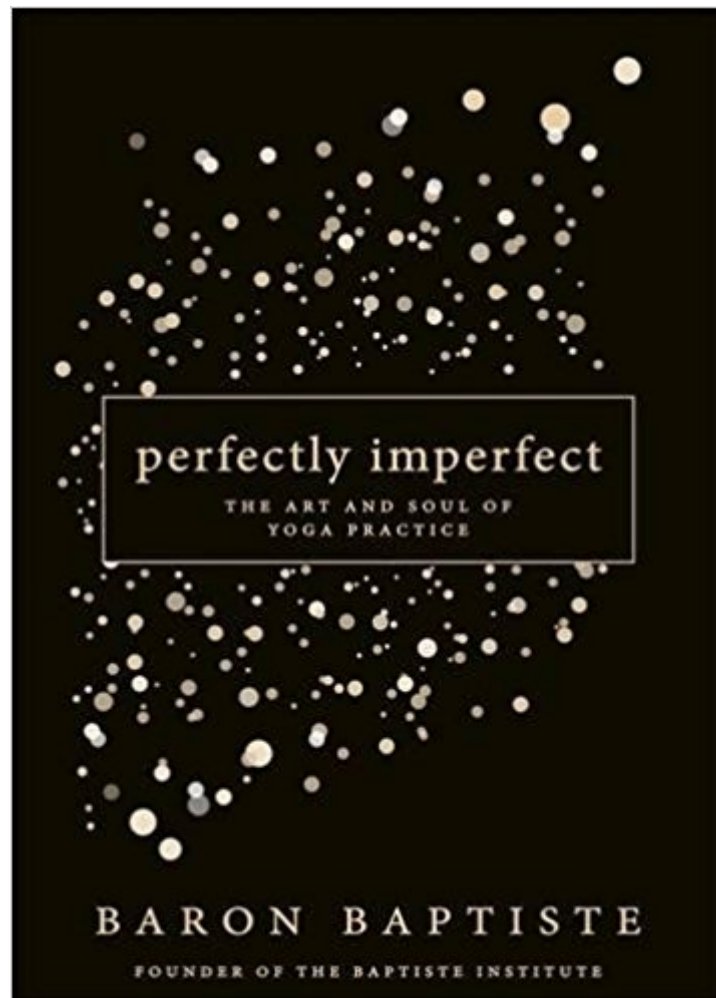




**Ebook Directory**  
the best source of ebook

The book was found

# Perfectly Imperfect: The Art And Soul Of Yoga Practice



## Synopsis

NEW YORK TIMES, WALL STREET JOURNAL, AND USA TODAY BESTSELLER “This book will shine new light on your journey, ignite your practice with new power, inspire new possibilities for growth, and infuse your life with the grace and confidence you seek.”

Baron Baptiste A little over a decade ago, Baron Baptiste published his seminal book, *Journey into Power*. The first of its kind, it introduced the world to Baptiste Yoga, his signature method that marries a lifetime of studying with some of the world’s most renowned yoga masters with his uniquely powerful approach to inner and outer transformation. Since then, yoga has steadily moved into the mainstream in our culture, and Baron’s unique contribution has played a key role. As millions of participants incorporate yoga into their daily lives, Baron’s teachings have evolved to bring them even deeper into their own transformative possibilities. *Perfectly Imperfect: The Art and Soul of Yoga Practice* takes readers beyond the foundations of the practice by speaking to everything that happens in their bodies and minds after they get into a yoga pose. That is where the true transformation occurs, and where much rich spiritual and emotional growth is available. Readers will learn how to move through their lives with grace and flow, begin again when a situation becomes difficult, “be a yes” for their innermost desires, give up what they must, follow their intuition, and find their truth north. With his signature blend of boldness, insightfulness, humor, and warmth, Baron offers what is destined to be an instant classic in the yoga and meditation world. With *Perfectly Imperfect*, he proves once again to be a true yoga master for the modern world.

## Book Information

Hardcover: 184 pages

Publisher: Hay House, Inc.; 1 edition (May 3, 2016)

Language: English

ISBN-10: 1401947530

ISBN-13: 978-1401947538

Product Dimensions: 5.2 x 0.9 x 7.1 inches

Shipping Weight: 8.8 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 58 customer reviews

Best Sellers Rank: #19,205 in Books (See Top 100 in Books) #47 in Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga

## Customer Reviews

For more than 25 years, Baron Baptiste has devoted his life to creating and sharing transformational yoga practices and programs. He shares the Baptiste Yoga methodology through workshops, books, yoga teacher trainings and his continued work with non-profit organizations. An entrepreneur and visionary, Baron is committed to sharing Baptiste Yoga in ways that make a real and lasting difference in the lives of people across the planet. His approach to yoga has been a catalyst for society's acceptance of yoga as a popular practice and is now being used by millions of people globally. Website: [www.baptisteyoga.com/](http://www.baptisteyoga.com/)

A great read about yoga basics and also about life. I greatly enjoyed reading this.

Fantastic and powerfully written!! Thank you Baron for sharing once again the wisdom of a great mind and practice!

An amazing book. Shot and sweet on the yoga principles. A wonderful book regardless of how long you've been practicing yoga. Very inspiring, with relevant stories about yoga philosophies.

Truly inspiring. I recommend this book to any yogi. It reminds us the true meaning of yoga. It keeps us grounded on and OFF of the mat.

This book changed my mindset in so many ways. Really broadened the ideology of yoga on the mat and off the mat for me. Great read!

I loved this book! It came to me at the perfect time in my life and I know others would love it too! It's a quick read but full of deep meaning.

Baron my fav, excellent gift!

Baron Baptiste just knows what to write in describing the yoga experience and it starts with a great title, "perfectly, imperfect!"

[Download to continue reading...](#)

Perfectly Imperfect: The Art and Soul of Yoga Practice  
Yoga: 100 Key Yoga Poses and Postures  
Picture Book for Beginners and Advanced Yoga Practitioners: The Ultimate Guide For Total Mind and Body Fitness (Yoga ... Books) (Meditation and Yoga by Sam Siv 3)  
Yoga: The Yoga Beginner's

Bible: Top 63 Illustrated Poses for Weight Loss, Stress Relief and Inner Peace (yoga for beginners, yoga books, meditation, mindfulness, ... self help, fitness books Book 1) Yoga: 21 Essential Yoga Poses to Strengthen Your Body and Calm Your Mind (FREE Meditation Bonus!): (Meditation, Yoga Poses, Relaxation, Stress Relief, Yoga for beginners) Imperfect Girl, 1 (Imperfect Shojo) The Perfectly Imperfect Home: How to Decorate and Live Well The Perfectly Imperfect Match (Suttonville Sentinels) Coloring Outside the Lines: In a Perfectly Imperfect World Make It Messy: My Perfectly Imperfect Life Pronounce it Perfectly in English with Audio CDs (Pronounce It Perfectly CD Packages) Perfectly Ridiculous (My Perfectly Misunderstood Life Book #3): A Universally Misunderstood Novel Perfectly Invisible (My Perfectly Misunderstood Life Book #2): A Universally Misunderstood Novel Perfectly Ridiculous: A Universally Misunderstood Novel (Perfectly Dateless) Yoga: The Top 100 Best Yoga Poses: Relieve Stress, Increase Flexibility, and Gain Strength (Yoga Postures Poses Exercises Techniques and Guide For Healing Stretching Strengthening and Stress Relief) Yoga Mama, Yoga Baby: Ayurveda and Yoga for a Healthy Pregnancy and Birth Yoga: A Man's Guide: The 30 Most Powerful Yoga Poses to Sharpen Your Mind and Strengthen Your Body (Just 10 Minutes a Day!, Yoga Mastery Series) Easy YOGA GUIDE for beginners: Simple 46 Hatha Yoga Poses for Body and Mind (Yoga for Beginners Book 1) How to Sneak More Yoga Into Your Life: A Doable Yoga Plan for Busy People (Yoga for Busy People) Yoga con cuentos: Como enseñar yoga a los niños mediante el uso de cuentos (Cuentos Para Aprender Yoga) (Spanish Edition) Ultimate Hip Opening Yoga Guide: Exercises for Tight Hips & Hip Pain: 4-Week Yoga Guide w/ Videos (Beginner Yoga Guides Book 1)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)