



Mindfulness Yoga: The Awakened Union of Breath, Body, and Mind

Frank Jude Boccio

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Whether you have no background in meditation or yoga or have been practicing for years, Mindfulness Yoga is for you. This groundbreaking book introduces an entirely new form of yoga, *Mindfulness Yoga*, which seamlessly integrates the Buddha's teachings on the Four Foundations of Mindfulness with traditional asana yoga practice.

Mindfulness Yoga emphasizes the spiritual side of yoga practice, an aspect often overlooked in a culture that tends to fixate solely on the physical benefits of yoga. Unlike any other Buddhism-meets-yoga book, *Mindfulness Yoga* presents the two disciplines as a single practice that brings health to the body and liberates the mind and spirit, awakening compassion and fostering equanimity and joy. *Mindfulness Yoga* will appeal to the many people who have an interest in yoga, Buddhism, and meditation, but who may not have been able to find a teacher who could bring these practices together in a meaningful, practical way.

In the first part of the book, author Frank Jude Boccio offers a superb and lively introduction to the Buddha's teachings and locates them within the larger context of the Indian spiritual traditions. Then, in the second half of the book, Boccio offers three complete Mindfulness Yoga sequences, including over 100 pictures, with detailed guidance for body, breath, and mind. Special lay-flat binding makes this book even more useful as a practice aid.

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