



Do Your Om Thing: Bending Yoga Tradition to Fit Your Modern Life

By Rebecca Pacheco

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Do Your Om Thing: Bending Yoga Tradition to Fit Your Modern Life By Rebecca Pacheco

From an acclaimed master yoga teacher and creator of one of the most popular yoga blogs on the Internet comes a contemporary guide to the full mind-body practice, combining intention and enlightenment with athleticism and physicality.

While the practice of yoga encourages fitness, its benefits extend far beyond the physical. In order to have a beautiful, fit body, a yoga practitioner must understand and respect its inextricable link to mind and spirit.

Yet for those who want a deeper connection with their practice, who seek enlightenment, there are few resources to provide guidance. Master yoga teacher, athletic model, and writer Rebecca Pacheco is the ultimate twenty-first-century yoga ambassador. In *Do Your Om Thing*, she shows readers how to benefit from the ancient wisdom and philosophy of yoga without repudiating its modern attributes.

Divided into four parts—Philosophy, Body, Mind, and Spirit—*Do Your Om Thing* explores the traditional practice of yoga, from the eight limbs of the ancient path to the five koshas and the seven chakras of the yoga body. Pacheco translates these ancient texts for modern readers and puts them into the context of our everyday lives. Complete with a practical overview of the many different styles of yoga, simple poses, and sequences for daily balance, plus helpful tips on meditation, *Do Your Om Thing* is the ultimate guidebook for anyone who wants a workout that benefits the body and the mind.

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Do Your Om Thing: Bending Yoga Tradition to Fit Your Modern Life By Rebecca Pacheco Bibliography

- Sales Rank: #335760 in Books
- Published on: 2015-03-03
- Released on: 2015-03-03
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .97" w x 6.00" l, 1.42 pounds
- Binding: Hardcover
- 288 pages

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Editorial Review

Review

“Rebecca Pacheco is a refreshing new voice on the yoga scene, reminding us of what balance, flexibility, strength, humor, and yes, integrity and wisdom, are all about.” (**Jon Kabat-Zinn, author of *Full Catastrophe Living and Mindfulness for Beginners***)

“In this beautiful, open-hearted book, Rebecca turns ancient yoga concepts into important contemporary life lessons... Readers will love exploring yoga in this space with her.” (**Priscilla Warner, bestselling author of *Learning to Breathe* and co-author of *The Faith Club***)

“It’s hard enough to find ourselves with all the information out there telling us who to be.... Pacheco encourages us to look no further than where we are, while giving us a concise manual of years of yoga tradition to help us navigate our own paths.” (**Katherine Jenkins, author of *Lessons from the Monk I Married***)

“Rebecca is a strong bridge between fitness and spiritual awareness. Her work points us to the pertinent potential for our inner life, and offers much relevant clarity in the world of wellness.” (**Elena Brower, author of *Art of Attention***)

“Pacheco presents a balanced view of how yoga aligns with modern life...her thoughtful approach to yoga’s ancient underpinnings is applicable to new and seasoned practitioners alike.” (**Publishers Weekly**)

From the Back Cover

Yoga, Meet Life.

Sometimes an hour-long yoga class is the only chance we get to connect meaningfully with our bodies and our minds during a week otherwise full of work, family, and the daily grind. Have you ever wondered how would it feel to bring that experience of awareness and calm out of the yoga studio and into your everyday life? After all, we know that practicing yoga can give us a leaner body and more sculpted limbs, but isn't its most important benefit the way it makes us *feel*?

In *Do Your Om Thing*, master yoga teacher and creator of the popular blog OmGal.com Rebecca Pacheco shows us that the true practice of yoga is about much more than achieving the perfect headstand or withstanding an hour-long class in a room heated to 100 degrees. "Yoga is not about performance," she tells us, "it's about practice, on your mat and in your life. If you want to get better at anything what should you do? *Practice*. Confidence, compassion, awareness, joy—if you want more of these—and who doesn't?—yoga offers the skills to practice them."

In her warm, personal, and often hilarious prose, Rebecca translates yogic philosophy for its twenty-first-century devotees, making ancient principles and philosophy feel accessible, relatable, and genuinely rooted in the world in which we live today. And by illuminating how the guiding principles of yoga apply to our modern lives, Rebecca shows us that the true power of a yoga practice is not physical transformation, but mental and spiritual liberation.

About the Author

Rebecca Pacheco is an acclaimed yoga teacher, writer, speaker, and creator of the popular yoga blog OmGal.com. She has been practicing yoga for nearly two decades and began teaching while studying English Literature at the University of Richmond. Previously a master teacher at the Baptiste Power Yoga Institute, Rebecca now offers her signature Om Athlete and creative Vinyasa yoga classes. A longtime runner and Boston Marathon finisher, she is also the resident yoga expert for *Runner's World* magazine.

In addition to teaching internationally, Rebecca has had the honor of leading the first-ever yoga class on the field at Fenway Park. She lives in Boston with her fiancé, Dan Fitzgerald.

Users Review

From reader reviews:

Bonnie Thorp:

A lot of people always spent all their free time to vacation or even go to the outside with them friends and family or their friend. Do you realize? Many a lot of people spent many people free time just watching TV, or maybe playing video games all day long. In order to try to find a new activity that is look different you can read the book. It is really fun for you personally. If you enjoy the book that you simply read you can spent all day every day to reading a e-book. The book Do Your Om Thing: Bending Yoga Tradition to Fit Your Modern Life it is quite good to read. There are a lot of those who recommended this book. They were enjoying reading this book. Should you did not have enough space to bring this book you can buy the e-book. You can m0ore simply to read this book from the smart phone. The price is not too expensive but this book offers high quality.

James Hudson:

Is it a person who having spare time then spend it whole day by watching television programs or just resting on the bed? Do you need something totally new? This Do Your Om Thing: Bending Yoga Tradition to Fit Your Modern Life can be the solution, oh how comes? A book you know. You are so out of date, spending your spare time by reading in this new era is common not a nerd activity. So what these guides have than the others?

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Yolanda Nitta:

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