



Yoga Wisdom at Work: Finding Sanity Off the Mat and On the Job

Maren Showkeir, Jamie Showkeir

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Yoga Wisdom at Work: Finding Sanity Off the Mat and On the Job Maren Showkeir, Jamie Showkeir **Yoga's Ancient Wisdom Can Transform Your Work Life**

Everyone knows that yoga helps reduce stress and increase the body's flexibility and strength. But the physical aspects barely scratch the surface of yoga's transformative powers. The poses are only one part of a larger philosophy offering profound insights for confronting the complexities of daily life. Yoga can help you remain centered, compassionate, positive, and sane every hour of the day—especially those between nine and five.

This unprecedented guide shows how practicing the full range of yogic concepts—the traditional “Eight Limbs of Yoga”—leads to a productive, creative, and energizing work environment and features examples from professions like law enforcement, teaching, banking, filmmaking, medicine, and many more. But beyond that, this book is an invitation to use all of yoga's teachings to cultivate the spark of the divine that dwells within each of us.

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