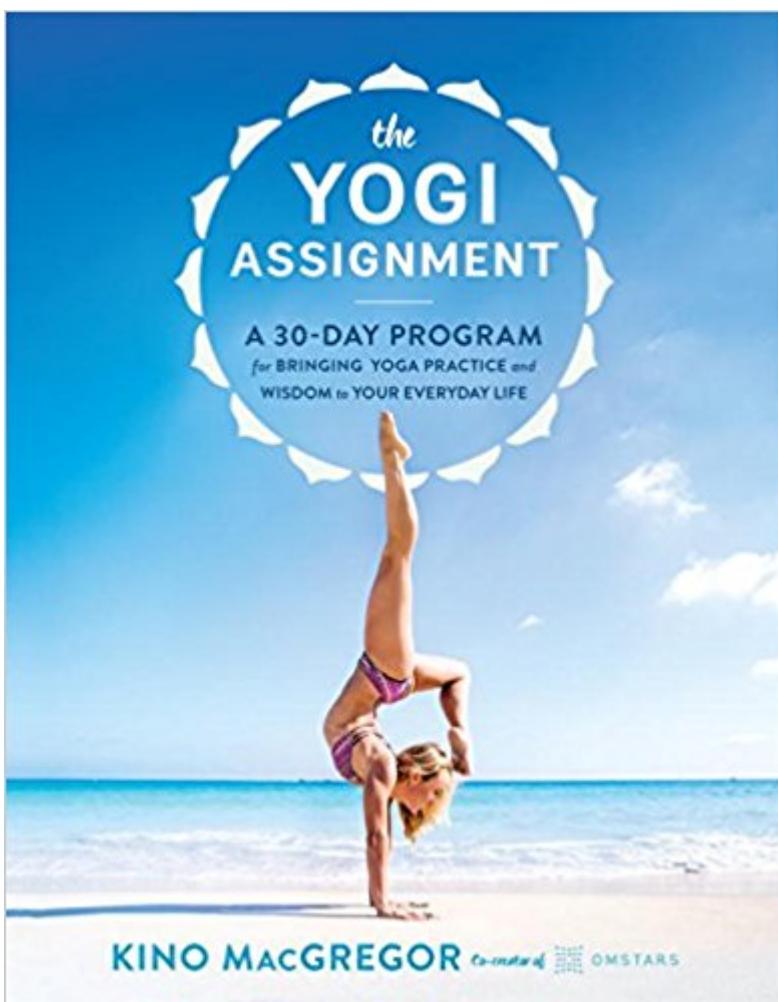


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# The Yogi Assignment: A 30-Day Program For Bringing Yoga Practice And Wisdom To Your Everyday Life



## Synopsis

An inspirational 30-day yoga and lifestyle program that will challenge your mind, body, and spirit--by one of the most dynamic and high-profile contemporary Ashtanga yoga teachers, Kino MacGregor. "The brave heart of a yogi is defined by actions that make the world a better place." Live with authenticity, practice patience, let go of negativity--these are some of the core tenets of a yoga lifestyle, on and off the mat. Yoga is about much more than twisting yourself into shapes--the heart of this ancient practice is an inner journey, one of reflection, spiritual awakening, and ultimately a calm, clear mind. The Yogi Assignment is a 30-day introduction to these life-affirming and simple, yet revolutionary, principles. Led by master teacher Kino MacGregor, this journey will challenge and uplift your body, mind, and spirit. Each day offers a practice and meditation that will help you confront your emotional, physical, and mental limitations and inspire real change in your life. MacGregor is a fierce, loving guide who encourages you to look deeply within to find your wellspring of inner strength and courage.

## Book Information

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## Customer Reviews

KINO MACGREGOR is one of only fourteen people--and the youngest woman--in the United States to receive certification to teach Ashtanga Yoga from its founder Sri K. Pattabhi Jois. She has an international following of her own and a busy schedule of teaching gigs at seminars and yoga conferences worldwide. She is a life coach and has a master's degree from New York University. MacGregor and her husband, Tim Feldmann, are the founders of the Miami Life Center ([www.miamilifecenter.com](http://www.miamilifecenter.com)), where they teach daily classes, workshops, and intensives together. MacGregor was featured in *Yoga Journal* as one of the top twenty-one rising stars of yoga.

She writes for theÂ Â Huffington PostÂ Â and is the author ofÂ Â The Power of Ashtanga Yoga IÂ Â andÂ Â The Power of Ashtange Yoga II.

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