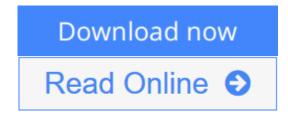


Go In and In: Poems From the Heart of Yoga

By Danna Faulds



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Here are poems that put words to the ineffable experiences that yoga practitioners have all the time, those moments when separation drops away, and body, mind and spirit become one.

Inspired by the experiences of yoga and meditation, the natural world, and the challenges of life itself, these poems capture both the struggle and the delight of the author's attempt to live consciously. They speak in a voice that is both encouraging and uplifting, yet they are simple and accessible.



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Editorial Review

About the Author

Danna Faulds is a long-term practitioner and teacher of Kripalu Yoga who incorporated writing into her spiritual practice years ago. A former librarian who worked in law school, college and public libraries before turning to full-time writing, Danna lives with her husband, Richard, in the Shenandoah Valley of Virginia. Happily married for nearly 20 years, they tend an organic vegetable garden, enjoy the wildlife on their rural property, and host individuals and groups interested in the deeper practices of Kripalu Yoga.

Excerpt. © Reprinted by permission. All rights reserved. "Breath of Life"

I breathe in All That Is -Awareness expanding to take everything in, as if my heart beats the world into being.

From the unnamed vastness beneath the mind, I breathe my way to wholeness and healing.

Inhalation. Exhalation. Each breath a "yes," and a letting go, a journey, and a coming home.

From "Go In and In," p. 10.

Users Review

From reader reviews:

Ashley Washington:

This book untitled Go In and In: Poems From the Heart of Yoga to be one of several books in which best seller in this year, honestly, that is because when you read this e-book you can get a lot of benefit upon it. You will easily to buy this specific book in the book retail outlet or you can order it by way of online. The publisher in this book sells the e-book too. It makes you quicker to read this book, as you can read this book in your Mobile phone. So there is no reason to your account to past this e-book from your list.

Irma Chavez:

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Diane Wilson:

The reason why? Because this Go In and In: Poems From the Heart of Yoga is an unordinary book that the inside of the book waiting for you to snap the item but latter it will jolt you with the secret it inside. Reading this book beside it was fantastic author who have write the book in such awesome way makes the content inside of easier to understand, entertaining approach but still convey the meaning totally. So, it is good for you because of not hesitating having this any more or you going to regret it. This unique book will give you a lot of gains than the other book have such as help improving your skill and your critical thinking technique. So, still want to hold up having that book? If I were you I will go to the e-book store hurriedly.

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