



Art of Attention: A Yoga Practice Workbook for Movement as Meditation

Elena Brower, Erica Jago

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Yoga begins with physical well-being. But it can also transport us—through meditation, self-awareness, and movement—into a lifelong exploration of presence, elegance, and deeper life purpose. With *Art of Attention*, Elena Brower and Erica Jago show us the way. Distilled from their acclaimed workshops and training programs, this multifaceted book can be used as:

- A step-by-step workshop for merging movement-based mindfulness with traditional yoga
- A “tool kit” of asanas, meditations, self-inquiry questions, and healing practices for creating your own daily spiritual practice
- An uplifting source of visual beauty and wisdom teachings for inner reflection and elevation

For students and teachers at every level, this one-of-a-kind resource takes us further into yoga—and the art of living—with clarity, creativity, wonder, and depth.

Includes contributions from MC YOGI, Gabrielle Bernstein, Donna Karan, Gwyneth Paltrow, Christy Turlington Burns, and others inspired by Elena and Erica’s work.

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