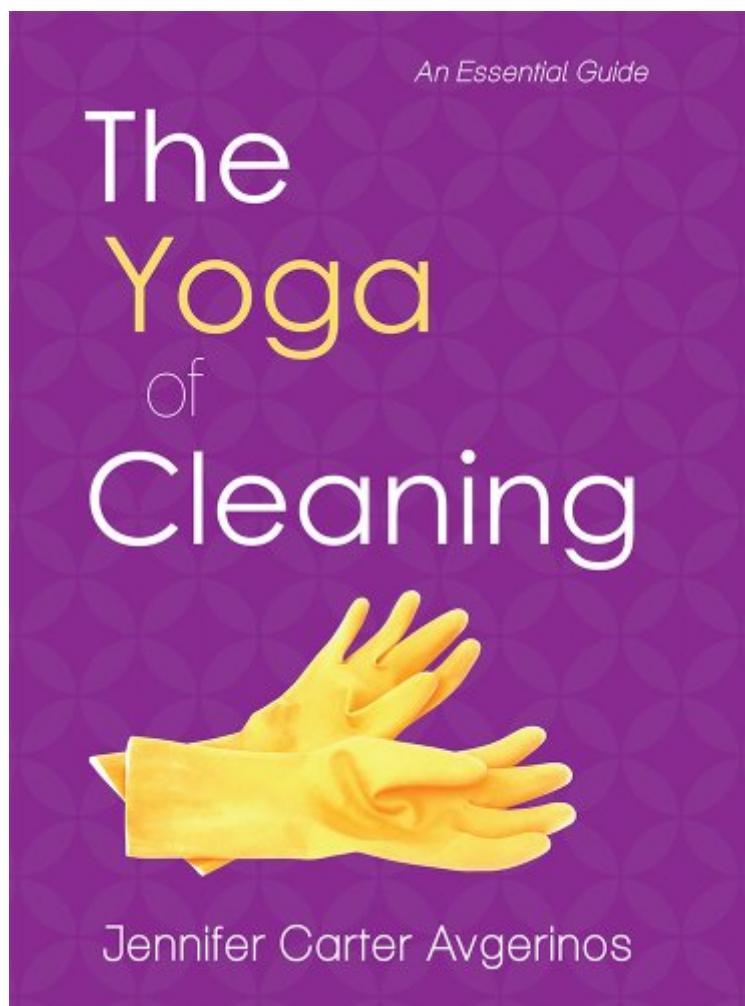


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The Yoga Of Cleaning: An Essential Guide



Synopsis

What is The Yoga of Cleaning? These are two activities that don't usually go together. Or do they? Yoga means union or yoking of the mind, body and spirit. When these three aspects of us are brought to the task of cleaning (which is the art of purification) a greater expansion of well-being is created. When cleaning is combined with the technologies of yoga and its sister philosophies - ayurveda, meditation and vastu the result is the cultivation of sacred space within our homes and within our lives. You do not need to practice yoga to read this book and you need not be a germ-a-phoebe either. This essential guide will show you how to spiritualize your cleaning routine, take back your life and recreate your home as sacred space. Praise for The Yoga of Cleaning: In the yoga world, a popular meme is to take the practice off the mat and bring it into daily life. The Yoga of Cleaning does just that in full force and with playful intention. This very fascinating book poses the surprising interplay between yogic principles, yogic philosophy and the processes of cleaning. The Yoga of Cleaning is not just an esoteric overview that attempts to stimulate a deeper awareness and sense of spirituality to cleaning. Nor is it simply a "how to" cleaning manual. Instead, Jennifer has produced a work that merges the two in an engaging fashion, introducing the reader to methods that inspire otherwise mundane household and personal chores to something of a higher purpose. She reminds us that all actions have meaning and impact on our lives. She supports the process with holistic, efficient and streamlined strategies for care of the self and its surroundings. Steven Weiss, MS, DC, RYT - author of The Injury-Free Yoga Practice

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Customer Reviews

I'm going to be honest; this is not a book I would have picked based on the title. But if this book hadn't been recommended to me I would have missed out on a wonderful and informative read. There is no way to put all that there is in this book in the title alone. Yes it's about yoga and cleaning but it takes it to a more spiritual and holistic level using mediation and non chemical cleaning. This book provides explanations into the history of yoga, some basic yoga poses, instruction regarding yogic breathing & meditation techniques, tips & tricks for non chemical cleaning (including recipes), cleaning even the toughest jobs with natural ingredients (hard water stains) | then taking everything that the author has taught us and putting it together to create & promote a healthy, organized and productive every day life. By combining the practice of yoga, meditation and yogic breathing, this book provides a step by step process to help take the mundane and often dreaded chore of cleaning your home & turn it into a more satisfying & self serving routine to better health & well being. The author provides tips for the basic clean to the deep clean "the how to • to get the job done. I really liked the sequence of yoga poses " looks like something that the novice yogi could easily do. The instructions are clear & concise and even though the photos do not 100% match the instruction " they are still very helpful. After reading through the sequence once I read through it again, this time with the book on the floor and went through it doing the poses along with the author and the model. Felt good, felt natural and relaxing.

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