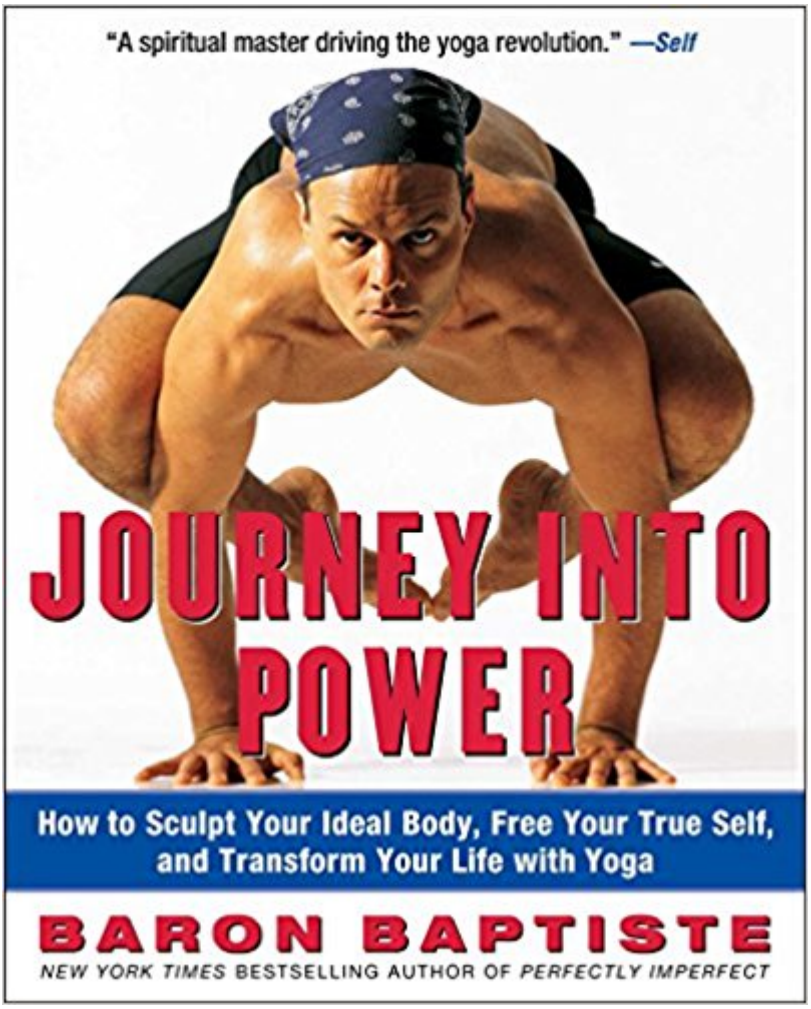
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Journey Into Power



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Synopsis

New York Times bestselling author of Perfectly Imperfect Whether you are looking to lose weight, trying to increase your strength and stamina, hoping to sharpen your mental edge, or seeking to go deeper within, Baron Baptiste can take you there. Baptiste Power Yoga isn't just the ultimate workout, it's the ultimate life transformation program.Whether you are looking to lose weight, trying to increase your strength and stamina, hoping to sharpen your mental edge, or seeking to go deeper within, Baron Baptiste can take you there. Baptiste Power Yoga isn't just the ultimate workout, it's the ultimate life transformation program. In this unique and inspiring book, one of the world's most dynamic and sought-after master yoga teachers brings us the same revolutionary program for body, mind, and spirit that has changed the bodies and lives of Hollywood celebrities, all-star athletes, and millions of people just like you. In his refreshing and iconoclastic style, Baron Baptiste shows us that the key to true power is not to chase an ideal version of ourselves but to reveal the perfect self already within. Here are just some of the benefits you can expect from using this book: • Strong, lean muscles and a shedding of unwanted pounds • Laserlike mental clarity and focus • An easy release of the beliefs and habits that hold you back • An inner oasis of calm and composure • Inspiration to live authentically every day of your life Baptiste Power Yoga is the ultimate commitment that yields the ultimate transformation, as Baron's millions of students have discovered. It heals, detoxifies, and electrifies body and mind at their deepest levels. You will find your true strength, your real self, and a new way to live that is both authentic and joyful!

Book Information

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Customer Reviews

"Every single one of us is suffering from the same problem," says Baron Baptiste. "We are not living from our authentic selves." Journey into Power offers more than yoga poses; it also aims to "rewire your mind" and "recharge your spiritual batteries." Baptiste's program, based on his weeklong "Journey into Power" boot camps, integrates the physical and spiritual components of yoga. His daily "Power Vinyasa Yoga Practice," done in a heated room, is a challenging series of 54 yoga poses, one flowing into another. The poses are well illustrated and clearly described, including modifications. Baptiste encourages you to reach your edge ("where we come right up against ourselves and what we can do and be") by holding a pose for a breath longer than you think you can or stretching a quarter-inch farther. Eight spiritual/psychological principles, described cogently and often lyrically, guide the transformation process. Principle 5, "In Order to Heal You Need to Feel," has this introduction: "The real irony of spiritual growth is that instead of being some miraculous experience, it feels a lot more like going to pieces." The rest of the program includes a cleansing diet, daily meditation, and a strong, spiritual focus in daily living. Journey into Power is highly recommended for people ready for a major physical, emotional, and spiritual change. --Joan Price --This text refers to an out of print or unavailable edition of this title.

Self A spiritual master driving the yoga revolution.Vogue One of America's ALL-STAR trainers.Chynna Phillips Actress Baron's yoga can literally take you to another level....You're left feeling as if your body, mind, and soul have all connected. It's as if the lights have been turned on!Bill Romanowski Four-time Super Bowl champion I love this program and I love the feeling and benefits I get from it.

This book is divided into five parts each on a a different aspect of transforming your life with a journey into power: mind, physical practice, diet, meditation and taking your yoga off the mat.The first part, Rewiring the Mind, provides eight principles for ÃƒÂ¢Ã â ¬Ã Å“Stepping up to the EdgeÃƒÂ¢Ã â ¬Ã Â•. The principles are intended as a framework for change that is continually evolving. I appreciated the emphasis in this section that the transformation isnÃƒÂ¢Ã â ¬Ã â„¢t the result but the process, a limitless and ever evolving process.The second part, Daily Power Yoga Practice, is the longest and provides detail on the 53 poses that comprise Baptiste Power Yoga. Throughout the book, Baptiste provides key information in list formats: principles, steps, pillars, series, etc. I found that this makes complex concepts easy to access. For each of the poses, Baptiste describes the pose in detail and includes photos of the pose, risks, modifications and a

spiritual focus. As a new teacher, the alignment bullet points and concepts in the spiritual focus section provide ideas for cues and linking class intents directly to poses. I anticipate this is a resource I will be referring to for some time.In the third part, The Cleansing Diet, Baptiste shares the cleansing detox diet that is used at his centers and which he believes to be effective. This provides the option of chicken, fish or tofu for protein which should accommodate most individual dietary preferences. He emphasizes that no one diet can be appropriate for everyone and provides various prompts to consider your relationship with food and your individual diet.The last two parts, Meditation for Truthful Living and Journeying into Real Life, are both very brief (14 and 8 pages respectively) compared to other sections of the book. These two sections though demonstrate how yoga can be a lifestyle as opposed to a few hours of class every week: ÃƒÂ¢Ã â ¬Ã Å“when we live at cause and from truth, the heights and depths to which we may journey are infiniteÃƒÂ¢Ã â ¬Ã Â•.

This book was required reading as part of a power vinyasa yoga teacher training course I took. It's the first and thus far only yoga book I've ever read, hence the four stars--I have nothing to compare it to. On its own, though, I found it to be both informative and inspirational. Baptiste has a hell of a story, and his writing style is conversational, clear, personal, and powerful. I learned a lot about his method (he founded the power vinyasa style of yoga), the postures, alignment, energy lines, misalignments, and more from this book and I'd recommend it to any beginner in power vinyasa who wants to deepen their practice and learn more.

I bought this book after I had been going to a Baptiste affiliated yoga studio for a few weeks. I wanted to know more about the methodology and philosophy.The book is very informative and the poses and sequences are very well explained.It helps you to understand why poses are the way they are, why sequences are designed the way they are and how to construct your at home practice. It's not just photos and possess, it's also a lot of reading about Baptiste's philosophy.

I lost the stubborn 10 pounds I had by following this easy cleanse and by adding yoga to my life. I feel so light and flexible and at peace. Thank you so much for this wonderful and simple book. The only thing I didn't do was the dairy (whey or yogurt) but other than that, the 3-day fruit cleanse was AMAZING. I plan on doing that each month.

I've been practicing yoga at home for a little over two years without ever taking a class. In an effort

to enhance my home practice, including perfecting my form and moving into some more challenging poses, I previewed many different yoga books from the library, and Journey Into Power is the one I eventually purchased.In this book, Baron does an excellent job of explaining how to incorporate a regular yoga practice into your life. Although the book is broken into several sections, including one on a cleasing diet, what I found most helpful was his descriptions of the poses (asanas) themselves. Baron groups the poses into about 12 different categories--sun salutations 1 & 2, balancing poses, hip openers, abdominals, backbends, etc--and then explains how to either mix and match the groupings when time is limited or do the entire 90 minute program.In his explanations of the individual poses, Baron is clear, precise, and thorough. He begins with a "connecting vinyasa" which explains exactly how to move from one pose to the next. For each pose, Baron talks about setup, allignment, breathing, risk factors, and finally, a suggestion for meditation. What hooked me on the book is that after I read his instructions for Crow pose--a challenging arm balancing pose--I was immediately able to do the pose for the very first time! Baron’s descriptive style reminds of Brooke Siler’s in The Pilates Body, as he has a similar enouraging and non-intimidating manner.If you are looking to develop or enhance a home yoga practice, you will not be disappointed in this book--and at this great .com price, how can you lose?

I love his book. It pushed me into my own journey and made me realize I don’t have to go anywhere to Yoga; I can do it at home. The examples he gives are adequate so you know you’re doing them, but most importantly he teaches you (if you’ll let him) how to truly let go of your past, work, whatever is on your mind, and live in the now. It feels so good to release all the stress life gives you and learn to truly let it go!!!!!!!

This book is amazing! I remember when I was first getting into yoga, I kept hearing about this book. For some reason, I didn’t buy it until just recently. I have a lot of yoga books and videos, but I’m glad I got this one. It’s a classic.There is a program of 53 poses that include backbends, forward bends, balancing poses, twisting poses, etc. For each pose there are photos and very clear instructions, on how to get into and out of the pose, how to modify it, and how to transition into the next pose.There are also chapters on diet and meditation.

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