



Get Your Yoga On: 30 Days to Build a Practice That Fits Your Body and Your Life

Kino MacGregor

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Imagine a yoga practice that, instead of long, sweaty hours on the mat, takes only a dedicated five minutes a day. Then imagine that everybody, no matter how athletic, flexible, or thin they're *not*, can build a transformative, satisfying, life-long yoga practice that nurtures them just the way they are, and that fills them with excitement about who they're becoming. In *Get Your Yoga On*, noted Ashtanga yoga instructor Kino MacGregor shows how it's done.

"In a world that tells you you're not good enough, the decision to love yourself is a revolution," writes MacGregor, who shares her own past struggles with body image. With this book, she intends to start a yoga revolution in which each practitioner comes to realize that the perfect body for yoga practice is the very one they have.

Going beyond its clear instruction on thirty essential asanas (poses), the book also describes the mindset (and, even better, the heart-set) needed for transformative practice. MacGregor writes, "You must be so exhausted with chasing material success and measuring yourself by the standards of 'the world' that you are willing to finally, at long last, turn your attention inward." Beautiful photographs show students of various ages, ethnicities, and sizes doing the asanas with skill, grace, and obvious joy, using props when needed.

Demolishing lack of time as an excuse not to practice, MacGregor cites research showing how even brief spells of daily activity bring health benefits that add years to a person's life span, and that five minutes committed to regular practice is enough to reset the habitual patterns of the body and the mind over time. *Get Your Yoga On* provides the teaching and the encouragement needed to build a life-long transformational practice that nurtures a deep and abiding love for one's self and for others.

KRISTINE MORRIS (September / October 2020)

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