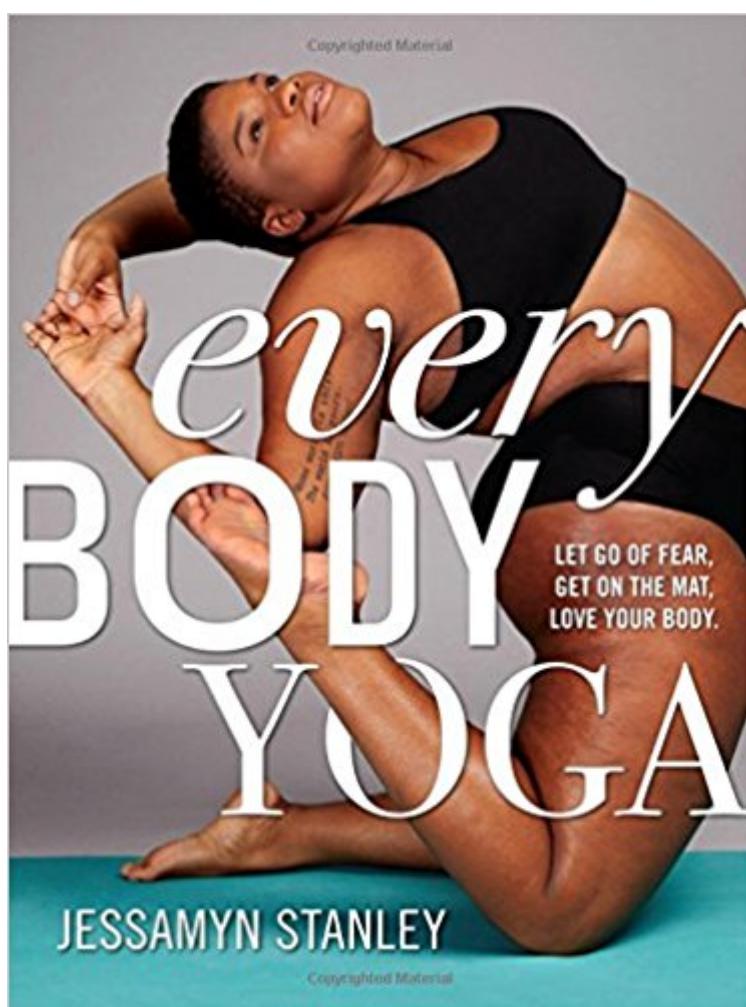


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# Every Body Yoga: Let Go Of Fear, Get On The Mat, Love Your Body.



## Synopsis

From the unforgettable teacher Jessamyn Stanley comes Every Body Yoga, a book that breaks all the stereotypes. It's a book of inspiration for beginners of all shapes and sizes: If Jessamyn could transcend these emotional and physical barriers, so can we. It's a book for readers already doing yoga, looking to refresh their practice or find new ways to stay motivated. It's a how-to book: Here are easy-to-follow directions to 50 basic yoga poses and 10 sequences to practice at home, all photographed in full color. It's a book that challenges the larger issues of body acceptance and the meaning of beauty. Most of all, it's a book that changes the paradigm, showing us that yoga isn't about how one looks, but how one feels, with yoga sequences like "I Want to Energize My Spirit," "I Need to Release Fear," "I Want to Love Myself." Jessamyn Stanley, a yogi who breaks all the stereotypes, has built a life as an internationally recognized yoga teacher and award-winning Instagram star by combining a deep understanding for yoga with a willingness to share her personal struggles in a way that touches everyone who comes to know her. Now she brings her body-positive, emotionally uplifting approach to yoga in a book that will help every reader discover the power of yoga and how to weave it seamlessly into his or her life.

## Book Information

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## Customer Reviews

"Thirty-six million people practice yoga in the U.S., and Jessamyn Stanley knows they cannot all be size 2." •TIME "Jessamyn Stanley's Every Body Yoga: Let Go of Fear, Get on the Mat, Love Your Body (Workman) is a clever memoir of a millennial

woman's search for self-acceptance hidden within a beginner's guide to asana yoga. •ELLE •"This touching work is a must for those new to yoga, no matter their age or body type. •Publishers Weekly •"Stanley's playful tone and personal, approachable advice provide a warm welcome to her historical, technical, and altogether different guide to yoga. •Booklist •"This uplifting volume makes yoga approachable. •Library Journal •"Stanley's refreshing perspective reminds all of us that you are always worthy and capable, and you never needed any special qualifications or permission to begin yoga (or anything else, for that matter). •Philadelphia Inquirer •"Both a memoir and beginner's guide, written in Stanley's no-nonsense voice and featuring an inclusive cast of models. •Fast Company, 100 Most Creative People In Business 2017 •"Through her own experience and passion, Jessamyn Stanley invites everyone to join in the healing practice of yoga. Start where you are is the beautiful message of her book. Pass it on! •Tara Stiles, founder of Strala Yoga •"Jessamyn Stanley is the wake-up call everyone needs. Her message speaks loud and clear, not only to those interested in yoga, but to everyone interested in truly, boldly, genuinely, living their life. If you have ever felt held back by shame or fear, if you want to step outside your comfort zone, or if you just need to spend time with someone who gets it •and will challenge you to get it, too •then you will find a kindred spirit in Jessamyn. •Kelsey Miller, author of Big Girl •"A yoga body is, quite simply, a body that does yoga. In Every Body Yoga, Jessamyn makes this abundantly, imperatively, and refreshingly clear. •Kathryn Budig, author of Aim True and The Big Book of Yoga •"Every Body Yoga reminds us of what the ancient yogis knew: That you are worthy and capable of starting yoga NOW. You need no special qualification to begin. You are ready! Jessamyn's honesty and vulnerability as a storyteller sweeps you up into the wonders of yoga and the curious way this practice is truly different for each person who is brave enough to enter its doors. •Amy Ippoliti, yoga teacher, author, and earth activist •"Jessamyn inspires not only me but everyone she reaches with her message: that yoga truly is for everyone. For so long we've been shown a certain type of "yoga body" and it's just not a reality--Jessamyn is proof--thank goodness!! I'm so grateful for her work. •Tess Holliday, model and founder of #EffYourBeautyStandards •"Jessamyn takes a practice that can intimidate some and alienate others •and makes it accessible, inclusive and extraordinary." •Jes Baker, author of Things No One Will Tell Fat Girls •"Every Body Yoga is an honest and empowering book that shatters paralyzing stereotypes • What a liberating call

to experience yoga just as you are!" •Susan Moses, celebrity stylist and author of The Guide to Dressing Curves

As an internationally recognized yoga teacher and Instagram star, Jessamyn Stanley conducts yoga workshops across the country, teaching students of all shapes, sizes, and colors how to make yoga a permanent part of their lives. A rising media favorite, Jessamyn has been profiled and featured by a wide range of international and national news outlets, including Good Morning America, New York, Glamour, Shape, Al Jazeera English, the Huffington Post, The Daily Mail, The Sunday Times Style, and People, among others. She won a 2016 Shortie Award (honoring excellence in social media) in the Healthy Living Category. She lives in Durham, North Carolina.

This is a great book for beginner yogis anxious about starting out and for teachers wanting to be more inclusive in their instruction. Jessamyn Stanley contributes to the development of modern yoga by discussing issues related to size, race, class, and other identities -- conversations that are missing at mainstream studios -- in a light and accessible way. She encourages everyone to be themselves on the mat and stick to yoga no matter what telling us that the miracle of serenity will happen if we commit. Highly recommended!

Jessamyn Stanley is truly awesome. By being honest and down-to-earth she puts readers at ease and boosts their confidence enough to at least \*try\*. She is also very knowledgeable, yet inspires me to do my own research as well. I have taken many yoga classes but never felt I confident to practice at home. Jessamyn doesn't sugar coat the potential difficulties, yet makes home practice seem doable. I highly recommend this book to anyone who wants to start practicing yoga or wants to expand their practice. Caveat: If you are offended by reading the occasional f-bomb you should probably look for a different yoga intro book.

This is a great book with introductory level advice and great anecdotes to help encourage anyone - from beginner to advanced - to get back on the mat. Loved!

This book was an absolute game changer for me. It took me from someone who wanted to want to do yoga to someone who practices every day. As a person of size, things like yoga are emotionally complex. Jessamyn Stanley is my new hero, she sliced through the complexity and helped me understand that yoga is for everyone. I'm so thankful for this book, it has made my life so much

better.

GREAT BOOK!! Loved her honesty - motivated me to start my yoga practice again!!

LOVE! :)

Fast shipping ... book was flawless!!!

The book takes the intimidation out of any apprehensions a potential yoga student might have. The focus is on finding a comfort level, both in terms of the practice itself and with body image. It feels like a very down to earth approach to yoga. For some the earthiness might be too much though...the text is peppered with four letter words and I do not mean "yoga."

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