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There's been a great vibe about town with the wonderful weather, school sports days & summer fairs, and of course the fantastic football match on Saturday! ☺☺☺☺ It's been busy for Living Your Yoga world this weekend, tending to my own self practice with my teacher; finally setting up an Instagram page ...check out xxlivingyouryogaxx and ...

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Synopsis. In the second edition of Living Your Yoga, Judith Hanson Lasater stretches the meaning of yoga beyond its familiar poses and breathing techniques to include the events of daily life—all of them—as ways to practice.

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