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Yoga for Life: A Journey  
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Peace and Freedom is one part autobiography and one part yoga instruction. Colleen Saidman Yee discusses her journey from Midwestern girl to drug abuser to model to yogi with complete candor and rawness.

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Yoga is rather an add-on to the book's much

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bigger picture, which covers Colleen's journey away from addiction, self-doubt and anxiety, and even brain damage following a car accident. It's about Colleen's life - with yoga - and it shows how we can make it a part of our own lives too.

**Yoga for Life: A  
Journey to Inner  
Peace and Freedom  
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Yoga Journey for Life  
shares various maps of  
the process of spiritual  
awakening. This is the  
journey we all take.  
Yoga' means 'Union.'  
This union or yoga  
takes place through  
revelation. This is not  
something you  
achieve. It is  
something you can  
companion. These  
maps of the spiritual  
journey have themes in  
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Yin Yoga: A Journey  
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## **Yin Yoga: A Journey Through the Koshas | Online Live ...**

6) "Yoga is the journey  
of the self, through the  
self, to the self." -- The  
Bhagavad Gita (via

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Smudge My Lipstick) 7)

"You cannot always control what goes on outside.

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Yoga Quote #11: "Yoga is the journey of the self, through the self, ... Yoga Quote

#47: "Balancing in yoga and life is a reflection of our inner state." —

Shiva Rea, Yoga Quote

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#48: "Yoga practice can make us more and more sensitive to subtler and subtler sensations in the body. Paying attention to and staying with finer and finer ...

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Rodney, Reed, Susan

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...

Change is a fact of life  
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to accept. At LYFE  
Yoga, change has  
always been an

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integral part of our teachings. This time of crisis has revealed quite clearly the value and importance of our teaching methods. Just as our communities have been forced to adapt to this new reality, so does our yoga practice. Daily Virtual Class

## **LYFE Yoga**

She is the co-author of the book Yoga for Life: A Journey to Inner



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Peace and Freedom  
with Colleen Saidman  
Yee. An avid  
recreational golfer,  
Susan lives in Sag  
Harbor, New York.  
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Yoga for Life: A Journey  
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Freedom. by Colleen  
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...

Anthony is keen to

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stress that, despite what you may imagine, his class isn't "this highly sexualized, highly erotic thing." Tantra yoga is a blend of poses, breathing techniques and mantras, and working with the subtle energies of the body, so it might begin with a couple standing belly to belly and feeling the rise and fall of each breath, then transition into more active yoga

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poses ...  
And

**What It's Like To Do  
Naked Tantra  
Partner Yoga**

Brian's most current project is the YogaBodyworkers Training, co-taught with fellow Forrest Yoga Guardian Jambo Truong. These 10-Day courses are designed for life-development, enhancing breath, bio-mechanics, and our relationship to touch

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through the mediums  
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business, spiritual  
teaching, writing her  
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relationship workshops,

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