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This is one of the many gems in Geshe Michael Roach and Christie McNally's book *How Yoga Works*. When I first ordered this book, I assumed it would be another yoga book explaining technique and philosophy; instead I was delighted by this narrative of the yogic journey into which Patanjali's Yoga Sutras are

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woven.

How Yoga Works: Michael Roach, Christie McNally ...

Reading “How Yoga Works” is a great way to learn about the Yoga Sutra in a more playful, heart-warming, and story-telling manner. Authors, Geshe Michael Roach and Christie McNally, have

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masterfully created a beautiful story to inspire us to truly understand the power yoga and "how it works." ...more.

How Yoga Works by Michael Roach - Goodreads

In 2000, Michael wrote The Diamond Cutter, The Buddha on Managing Your Business & Your Life, which has become

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an international business bestseller, and tells the story of how he used ancient Asian principles for success. His is the author of over 30 volumes, including the best-selling How Yoga Works.

How Yoga Works by Geshe Michael Roach, Christie McNally ...

Michael Roach is the author of How Yoga

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Works (4.19 avg rating, 1783 ratings, 193 reviews, published 2004), The Diamond Cutter (4.09 avg rating, 1401 rat... Home My Books

Michael Roach (Author of How Yoga Works)

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by Christie McNally and Geshe Michael Roach (2005, Trade Paperback) at the best online prices at eBay! Free shipping for many products!

How Yoga Works by Christie McNally and Geshe Michael Roach ...

How Yoga Works by Michael Roach, CHRISTIE MCNALLY, 2004, Diamond

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Cutter Press edition, in English

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Nonetheless, the narrative Roach has crafted in How Yoga Works is true to the genuine teachings of The Yoga Sutra - the source of all yoga, perhaps like the "yoga instruction manual." The premise

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of How Yoga Works is based around how one may use the ancient book of The Yoga Sutra (which was passed by word of mouth from teacher to student) to heal oneself and others in both body and heart.

Page Turners: Holistic Book Reviews - [How Yoga Works by ...

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To make the Sutras more accessible and comprehensible, author Geshe Michael Roach wrote *How Yoga Works*, a functional story that incorporates the teachings of Patanjali. There are many current translations of the Sutras, but this book submerges the ancient teachings into a format that is relatable and narrative.

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Wanderlust Wanderlust Reading Room: "How Yoga Works"

How Yoga Works By Geshe Michael Roach and Christie McNally Diamond Cutter Press, \$19.95. Review by Ann Elizabeth 20 July 2011 "Is this a pen, or is it something good to eat?" "Things are not what they appear to be: nor are they

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otherwise.” –Surangama Sutra. First Response to the Book

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Patricia Says: October 14th, 2010 at 5:50 pm. It is a great read and a lovely journey Thanks Dot. vered | blogger for hire Says: October 14th, 2010 at 8:42 am. Pear Gorgonzola Salad sounds so good!

HOW YOGA WORKS ~Geshe Michael Roach and Christie McNally

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I recently read How Yoga Works by Michael Roach. This is the first book I read about yoga, and it opened my eyes to all the different things yoga can be. Not only are you shaping your body, but yoga can be used to shape your mind. Whether that means creating more opportunities for yourself or becoming a kinder person in general.

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Review of "How Yoga Works" by Michael Roach » Inner Winds Yoga

In 2000, Michael wrote *The Diamond Cutter, The Buddha on Managing Your Business & Your Life*, which has become an international business bestseller, and tells the story of how he used ancient Asian principles for success. His is the

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author of over 30 volumes, including the best-selling How Yoga Works.

How Yoga Works: Amazon.co.uk: Christie McNally, Geshe ...

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Works by Christie McNally and Geshe Michael Roach (2005, Trade... \$11.00 + \$3.33 shipping . How Yoga Works by Chris Mcnally; Gesne Roach. \$50.77.

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Yoga from the heart A pose isn't supposed to look like anything. Nobody

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can do a pose so it looks perfect. A pose is only perfect when you are doing the very best you can - gazing steadily, breathing sweetly, and thinking of how it will help someone else. ~How Yoga Works. Geshe Michael Roach.

Sum Yoga

The author is a GREAT story teller! Either

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a yoga beginner or an advanced yoga practitioner can benefit from this amazing book. For beginners, this book is your shortcut to access the authentic yoga philosophy. For yoga instructors, the book will help you deepen your understanding of the rules in yoga tradition, such as why relaxing face is important and why keeping focus makes

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your pose better.

How Yoga Works: McNally, Christie;Roach, Michael ...

Michael Roach (born December 17, 1952) is an American non-traditional teacher of Tibetan Buddhism. Ordained as a Gelugpa monk, he was the first American to receive the Geshe degree at

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Sera Monastery in Tibet. He has started a number of businesses and organizations, written books about Buddhism, and translated Tibetan Buddhist teachings.

Michael Roach - Wikipedia

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How Yoga Works. 4.18 (1,730 ratings by Goodreads) Paperback. English. By (author) Geshe Michael Roach. Share.

The Yoga Sutra is the great motherbook of all the yoga works ever written; it was composed by the Indian master Patanjali some 2,000 years ago.

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