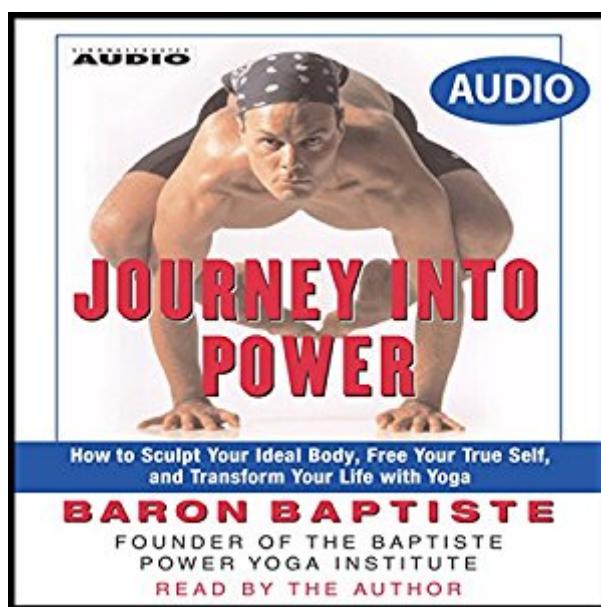


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# **Journey Into Power: How To Sculpt Your Ideal Body, Free Your True Self, And Transform Your Life With Baptiste Power Vinyasa Yoga**



## Synopsis

JOURNEY INTO POWER How to Sculpt Your Ideal Body, Free Your True Self, Transform Your Life with Yoga BARON BAPTISTE Wake up the power inside and turn your life around! Whether you are looking to lose weight, trying to increase your strength and stamina, hoping to sharpen your mental edge, or seeking to go deeper within, Journey Into Power can take you there. Baptiste Power isn't just the ultimate workout, it's the ultimate life program. In his unique and inspiring audiobook, Baron Baptiste brings us same revolutionary program for body, mind, and spirit that has the bodies and lives of Hollywood celebrities, all-star athletes, and thousands of people just like you. Baptiste shows us that the key to true power is not to chase an ideal version of ourselves, but to reveal the perfect self already within. Using his wildly popular weeklong Bootcamps as a model, Baron has developed a long-term program that anyone can use to shed excess stress, weight, and emotional baggage to emerge leaner, focused, and empowered. Here are just benefits: Strong, lean muscles and a shedding of unwanted pounds. Arms get toned, buns get tighter, abs get sleeker. In time, you awaken in a whole new body. Laserlike mental clarity and focus. An easy release of the beliefs and habits that hold you back. An inner oasis of calm and composure, even in the midst of chaos. Inspiration to live authentically every day of your life. Baptiste Power Vinyasa Yoga is the ultimate commitment that yields the ultimate transformation. It heals, detoxifies, and electrifies body and mind at their deepest levels. You will find your true strength, and a new way to live that is both authentic and joyful! --This text refers to an out of print or unavailable edition of this title.

## Book Information

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## Customer Reviews

This book was required reading as part of a power vinyasa yoga teacher training course I took. It's the first and thus far only yoga book I've ever read, hence the four stars--I have nothing to compare it to. On its own, though, I found it to be both informative and inspirational. Baptiste has a hell of a story, and his writing style is conversational, clear, personal, and powerful. I learned a lot about his method (he founded the power vinyasa style of yoga), the postures, alignment, energy lines, misalignments, and more from this book and I'd recommend it to any beginner in power vinyasa who wants to deepen their practice and learn more.

I bought this book after I had been going to a Baptiste affiliated yoga studio for a few weeks. I wanted to know more about the methodology and philosophy. The book is very informative and the poses and sequences are very well explained. It helps you to understand why poses are the way they are, why sequences are designed the way they are and how to construct your at home practice. It's not just photos and possess, it's also a lot of reading about Baptiste's philosophy.

I lost the stubborn 10 pounds I had by following this easy cleanse and by adding yoga to my life. I feel so light and flexible and at peace. Thank you so much for this wonderful and simple book. The only thing I didn't do was the dairy (whey or yogurt) but other than that, the 3-day fruit cleanse was AMAZING. I plan on doing that each month.

I've been practicing yoga at home for a little over two years without ever taking a class. In an effort to enhance my home practice, including perfecting my form and moving into some more challenging poses, I previewed many different yoga books from the library, and Journey Into Power is the one I eventually purchased. In this book, Baron does an excellent job of explaining how to incorporate a regular yoga practice into your life. Although the book is broken into several sections, including one on a cleansing diet, what I found most helpful was his descriptions of the poses (asanas) themselves. Baron groups the poses into about 12 different categories--sun salutations 1 & 2, balancing poses, hip openers, abdominals, backbends, etc--and then explains how to either mix and match the groupings when time is limited or do the entire 90 minute program. In his explanations of the individual poses, Baron is clear, precise, and thorough. He begins with a "connecting vinyasa" which explains exactly how to move from one pose to the next. For each pose, Baron talks about setup, alignment, breathing, risk factors, and finally, a suggestion for meditation. What hooked me on the book is that after I read his instructions for Crow pose--a challenging arm balancing pose--I was immediately able to do the pose for the very first time! Baron's descriptive style reminds of Brooke

Siler's in The Pilates Body, as he has a similar encouraging and non-intimidating manner. If you are looking to develop or enhance a home yoga practice, you will not be disappointed in this book--and at this great .com price, how can you lose?

I love his book. It pushed me into my own journey and made me realize I don't have to go anywhere to Yoga; I can do it at home. The examples he gives are adequate so you know you're doing them, but most importantly he teaches you (if you'll let him) how to truly let go of your past, work, whatever is on your mind, and live in the now. It feels so good to release all the stress life gives you and learn to truly let it go!!!!!!

This book is amazing! I remember when I was first getting into yoga, I kept hearing about this book. For some reason, I didn't buy it until just recently. I have a lot of yoga books and videos, but I'm glad I got this one. It's a classic. There is a program of 53 poses that include backbends, forward bends, balancing poses, twisting poses, etc. For each pose there are photos and very clear instructions, on how to get into and out of the pose, how to modify it, and how to transition into the next pose. There are also chapters on diet and meditation.

Great information that is to the point. I have read many books about Yoga. Baron Baptiste's style of writing is extremely motivating.

Needed it for my yoga teaching certification. Interesting material and arrived in good shape.

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