



Moving into Meditation: A 12-Week Mindfulness Program for Yoga Practitioners

Anne Cushman

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Moving into Meditation is a practical and inspiring guide to integrating mindful yoga and embodied meditation, in a 12-week format.

One week at a time, *Moving into Meditation* lays out a plan for exploring body-based practices to get you more in tune with not only your limbs and core but your mind and heart. Cushman's curriculum integrates asana with mindfulness meditation to help practitioners turn "embodiment" from a concept into a tangible reality. Her insightful mixture of practices, yoga history, and Buddhist philosophy are made relevant to your present-day life. Personal stories from the "trenches" of decades of practice and teaching add color; Cushman's characteristic poetic and funny voice makes all readers feel that much more human. Cushman believes--and experience proves--that by becoming better attuned to and acquainted with the body, the physical forms become a vehicle for becoming more intimate with yourself and your world. From there, we can explore and embody the teachings of the Buddha for a more awakened life.

In recent years, "mindfulness" has blasted into mainstream culture much as yoga did two decades ago, making "mindful yoga" an appealing trend. But how does mindful yoga evolve from a buzz-worthy concept to a lived experience? How do yoga asanas and pranayama support and express the practice of meditation? How do you explore the teachings of the Buddha through the vehicle of your own living, breathing, human body?

As we quickly learn, the practices are inherently entwined. Experienced yoga and meditation teacher Anne Cushman answers all these questions and more in *Moving into Meditation*, teaching us to deepen our asana practices with mindfulness meditation and enhance our meditation practice with asana. With compassion, humor, and deep intelligence, *Moving into Meditation* guides us through integrating mind, body, and spirit practices for a wide-awake life.

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