

# [PDF] Yoga Wisdom At Work: Finding Sanity Off The Mat And On The Job

**Christine Day, Jamie Showkeir, Maren Showkeir - pdf download free book**

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**Books Details:**

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**Description:**

**Review** "While this book is aimed specifically at using the principles of yoga in the workplace, let your customers know that it is a terrific overview of yoga as a complete spiritual philosophy. Most Americans think of yoga as the physical exercises (asanas). Yoga is actually much more complex than that, containing eight branches of study, the asanas being the third of those. By relating all aspects of yoga to the workplace, and using everyday language to do that, the authors put the intricacies of this advanced spiritual tradition within reach of the general public. For example, they tell the story of a police officer, forced to shoot someone in the line of duty, who struggled to

reconcile her duty with the principle of compassion/non-violence (ahimsa). A wise instructor pointed her in the direction of the answer, but I'll let you read that for yourself. This book will prove to be a very useful tool for those seeking to expand their understanding and practice of yoga, whether they are experienced practitioners of yoga or have just begun their first class."

**—Anna Jedrzewski of Retailing Insights (formerly New Age Retailer)**

"Yoga Wisdom at Work is highly recommended for anyone with or without a physical yoga practice who wants to work and live in a state of steady, calm, focused concentration."

**—Brigit W. Patty of New York Journal of Books**

"Filled with personal insights and stories that carry yoga into the world of daily decision making.... It is wonderful to see the foundations of practice brought to life in such a confident, sincere, and thoughtful way."

**—Pandit Rajmani Tuganait, Chairman and spiritual head of the Himalayan Institute**

"Maren and Jamie show that yoga is not just about poses—the practice is about creating the stillness of mind that will allow you to do the work you were meant to do. Seriously, read this book!"

**—Russell Simmons, cofounder of Def Jam**

"The [Showkeirs] bring the deepest teachings of yoga alive by showing exactly how to bring our yoga—and our best selves—into the world."

**—Judith Lasater, PhD, author of Relax and Renew: Restful Yoga for Stressful Times**

"A significant contribution to the body of literature bridging East and West, the Showkeirs' work provides a powerful guide for applying the principles of yoga to develop human potential and enhance work satisfaction. Highly recommended."

**—Howard Cutler, coauthor of the bestselling The Art of Happiness (with the Dalai Lama)**

"This generous, insightful, and eminently practical book is offered with an open heart from years of experience—the best practice manual I've read for how to embody authenticity and integrity. I am grateful to Maren and Jamie for bringing together the disciplines of yoga and leadership."

**—Meg Wheatley, bestselling author of Leadership and the New Science and So Far from Home**

"With so much emphasis these days on practicing poses, the other seven limbs of yoga are often overlooked. The application of ancient wisdom to modern life situations offered here will be helpful to all people, whether or not they ever set foot on a yoga mat. Please read this book!"

**—Desirée Rambaugh, internationally known master yoga teacher**

"The Showkeirs draw upon 2,000-year-old wisdom and adroitly weave personal stories and case histories to crisply illustrate the Eight Limbs of Yoga's applications in the contemporary workplace."

**—Dr. Paul Mittman, president and CEO, Southwest College of Naturopathic Medicine and Health Sciences**

"Translating this essential, ancient knowledge into a pragmatic, contemporary context is a huge and valuable contribution. Expand your knowledge and expand your life with this book!"

**—Kevin Cashman, bestselling author of Leadership from the Inside Out and The Pause Principle**

"I love the book's simple, clear instructions on how to infuse your daily work life with ancient spiritual principles and practices. Rather than rolling up your sanity in a yoga mat, you can keep it

by practicing yoga at work. All together now: 'Ommmmm.' Perfect!"

—**BJ Gallagher, bestselling author of A Peacock in the Land of Penguins**

**About the Author Maren Showkeir and Jamie Showkeir** are the principals of Henning-Showkeir & Associates, Inc., a workplace consulting firm. Maren, a certified yoga teacher, has been a committed practitioner for more than fifteen years. Jamie is a longtime meditator and developed an asana practice in 2005. They are the coauthors of *Authentic Conversations*.

**Foreword author Christine Day** is CEO of lululemon athletica, a yoga-inspired athletic apparel company based in Vancouver, Canada. Before joining lululemon in 2008, Christine spent 20 years at Starbucks, where she most recently served as President of the Asia Pacific Group of Starbucks Coffee International.

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