



After Namaste: Off-the-Mat Musings of a Modern Yogini

K. Kris Loomis

[Download now](#)

[Read Online](#) 

After Namaste: Off-the-Mat Musings of a Modern Yogini

K. Kris Loomis

After Namaste: Off-the-Mat Musings of a Modern Yogini K. Kris Loomis

Ever wonder why some people keep going back to the yoga mat day after day, year after year?

In *After Namaste: Off-the-Mat Musings of a Modern Yogini*, K. Kris Loomis offers a collection of down-to-earth personal essays that demonstrates the many ways yoga has transformed her life off the mat and why she keeps showing up every day for more. Not only has yoga improved her health and mental well-being, the study of this ancient practice has taught her to take personal responsibility for her actions and to focus on the bright side no matter what life hurls her direction.

Whether you're at the beginning of your yoga journey or if you're already a ways down the path, you will find this book full of inspiring, encouraging, and often humorous lessons learned from someone who has walked the yoga walk, both as a teacher and dedicated practitioner, for two decades and counting.

After Namaste: Off-the-Mat Musings of a Modern Yogini Details

Date : Published August 24th 2017 by Lililoom Publishing

ISBN : 9781549507137

Author : K. Kris Loomis

Format : Paperback 101 pages

Genre : Spirituality, Health, Nonfiction

 [Download After Namaste: Off-the-Mat Musings of a Modern Yogini ...pdf](#)

 [Read Online After Namaste: Off-the-Mat Musings of a Modern Yogini ...pdf](#)

Download and Read Free Online After Namaste: Off-the-Mat Musings of a Modern Yogini K. Kris Loomis

From Reader Review After Namaste: Off-the-Mat Musings of a Modern Yogini for online ebook

Roselle Obrien says

Short sweet and an easy read

For being short and sweet nothing is lost in depth. I resonate with a lot of these musings. Highly recommended.

JENNIFER L OSTRANDER says

Quick Read that made me smile

I was looking for a good light yoga read. One I could connect to, and I found it. This book took me about an hour to read, but I highlighted so many things to add to my journal! Good nuggets of wisdom in this book, whether you are a yoga practitioner or not. As a yoga teacher, I really enjoyed her examples and reminders that our practice is constantly evolving as well as how much we can learn from our students.

You may see in many instagram posts a hashtag "Yoga off the mat." And truly that is what this book covers. How the physical practice of yoga can step off the mat with you and effect your entire life. I don't know how many times the statement "it is not about getting into the posture, but the journey there." And here it is! She states "focus too long on the destination and you will lose sight of all the interesting, infuriating, inspiring, and amazing things you pass along the way." Gentle reminders to enjoy the pause.

Nina del Arce says

After Namaste is a wonderful little essay collection about all the things about the yoga journey that aren't about what you're physically able to do at the mat. As a yoga beginner who all too often gets caught up in some kind of achievement-based mindset, I need to actively remind myself to stop and reflect in the moment. K. Kris Loomis shares her thoughts from times when she has done just that—and has produced a very lovely read as a result. I found a useful takeaway in every essay—and several quotes worthy of reflecting upon all by themselves! I recommend this book to anyone who suspects they could use to take a step back and look at their yoga practice with new eyes.

I received a free copy of this book in exchange for an honest review.

Louise says

Loomis has written an excellent book about what happens after the yoga class, when the mat is rolled up and you're back to your real life, complete with health issues, stress, and that competitive so and so who seems destined to make your life crazy. In short, elegant essays, she shares the caring wisdom you'd expect from a

trusted, loving friend: "Truth is, stuff happens in life, to all of us. It's how we deal with that stuff that matters, not the stuff itself." As well as: "So instead of thinking that you can't do something, realize that you just may not be able to do it YET. And know that when you are focused and diligent, YET arrives sooner than you think." I do not do yoga, but this book has me thinking it could be a very good idea: "If you are ever so low that you cannot find yoga, there's a good chance that yoga will find you." Loomis is the friend we all long to have, that warm and bracing, clear-sighted laughter of an experienced teacher and gentle guide.

Carrie says

Great Read!

As a yoga teacher and massage therapist, this was a perfect gem for me. It was like we were having a conversation. This is one of the few books I know I will read again!

Kristin says

After Namaste was a short and simple but enjoyable book. It gave me some new things to think about concerning my yoga practice, but also helped me really appreciate and realize the benefits that yoga has.

Briar's Reviews says

After Namaste is a collection of short essays by K. Kris Loomis full of eye-opening motivations.

I won't lie, I loved the essay about a swimmer. What can I say? I've always been quite the fish. And man oh man, does this book hit close to home. Reinventing yourself is something many people try, but truly have no idea what they're doing. Seeing K. Kris Loomis's take on yoga and doing right by one's self is a nice and refreshing read.

Some of the lessons she delivers in this book are:

1. Teachers can be anywhere - not just professors or instructors. Sometimes your best motivators are people you've only seen and never met. Let them motivate you and give you inspiration!
2. Never be afraid to lead by example!
3. Small changes add up to big changes.
4. We change over time, so respect your person.
5. Change can be a gradual process.

And, of course, way more than just this!

I like how enlightening and honest this book was. It's not exactly a self-help book, it's more of a collection of opinions. You can read what the author feels is good to learn from her life experiences and they all relate to yoga.

I'd definitely recommend this book to people who want to learn. It's a lovely set of informative essays that are very knowledgeable without feeling like a textbook. You don't need to be someone who does yoga (or

ever wants to, for that matter) to get something out of this book. I think just seeing someone else's experiences and how they've grown and changed is reward enough from this book! And if you end up joining a yoga class, I'm sure K. Kris Loomis would be proud!

Five out of five stars!

I received this book for free from the author K. Kris Loomis in exchange for an honest review.

Annie says

I stumbled on to this book on Kindle Unlimited. It's one of the best yoga books I've ever read. Highlighted so many quotes.

Sierra Taylor says

Just what I needed

After a painful breakup I found myself in a downward unmotivated spiral. I have been practice yoga for a couple of years but nothing could pull me out of my depression. I finally decided to make the decision to stop self loathing and get on the mat, so I started with motivation: a book. This book hit all the points about “civilian” yoga that others don’t. It was the just the right information I needed to get moving, and all the talk about letting go also applies to my current breakup.
