



The Yogi Assignment: A 30-Day Program for Bringing Yoga Practice and Wisdom to Your Everyday Life

Kino MacGregor

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An inspirational 30-day yoga and lifestyle program that will challenge your mind, body, and spirit--by one of the most dynamic and high-profile contemporary Ashtanga yoga teachers, Kino MacGregor.

Embracing the yoga lifestyle has more to do with how you live your life than how successfully you can pull off yoga poses, or how good you look in your yoga outfit. In this heartfelt and inspiring guide, master Ashtanga yoga teacher Kino MacGregor offers a personal and spiritual challenge, distilling some of the tradition's essential teachings into thirty key lessons to help you truly live the yogi's life. Each day's Yogi Assignment focuses on a key yoga concept--such as stillness, vulnerability, truthfulness and authenticity, intention, and selfless service, to name just a few. MacGregor explains and expounds on the concept, using examples from yoga philosophy and her own life experience and twenty years of practice, and then offers practices and poses to support the concept of the day. Each day is actually a journey in itself that helps you to confront your emotional, physical, and mental limitations, and inspires hope and real change in your life. Beautifully illustrated with over 250 color photos, this book will motivate experienced yoga practitioners, as well as people who are new to the practice. MacGregor is a fierce, loving guide, encouraging you to look deeply within, to find your wellspring of inner strength and courage, and to embrace your daily practice.

The Yogi Assignment: A 30-Day Program for Bringing Yoga Practice and Wisdom to Your Everyday Life Details

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Author : Kino MacGregor

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From Reader Review The Yogi Assignment: A 30-Day Program for Bringing Yoga Practice and Wisdom to Your Everyday Life for online ebook

Rebecca says

I went into this expecting it to be for beginners but the poses are quite difficult and more advanced than what I had expected. However, the teachings for each day were quite valuable and I learned more about the traditional teachings of yoga and how it can be applied to a modern practice.

L.A. says

Solid for advanced students, motivational for beginners.

Every good library collection needs a range of how-to books that matches the various skill levels of the reading audience. MacGregor's 30-day program is an excellent one for advanced students, who often get short shrift in the collection, which is super frustrating to that person (and you've met that person, I'm sure) who reads your collection to rags in a subject area, but still wants/needs more.

Although they are advanced asanas, asana isn't exactly the focus of this practice. Each day is dedicated to a particular yoga concept embodied by a Sanskrit word. There's a short essay for you to read and reflect on, a few suggestions for practice, and then two or three asanas that embody the concept. MacGregor assumes familiarity with the Ashtanga method, but just in case you're clueless -- or need a refresher -- the series is illustrated in order in a handy reference guide at the end. MacGregor stresses over and over that while physical posture is important, it's only the tip of the iceberg when it comes to yoga. This is important to know because if your patron primarily wants asanas and not spiritual guidance, this is not the book for them - book talk accordingly.

All that being said, MacGregor is very sincere about her spiritual practice, and is not one of the "love and light" cult. Though she is overall positive and hopeful, she is candid about the struggles yogis face. The only essay that hit a sour note was the one where she felt insulted by someone calling her privileged (among other things), and it's somewhat concerning that someone so dedicated to her spiritual practice doesn't understand this word in the context of racial justice. You have to pick your battles at work, though, and you know your patrons, so, go forward armed with knowledge and do the best you can (face it - we're a long way from a publishing industry, much less a non-fiction collection, that's going to understand these concepts).

Tl;dr: this is a solid pick for large collections that need more materials for advanced yoga folks. This will probably play best in a white, middle-class neighborhood.

Sharon says

I won this book as part of a Goodreads giveaway. I am a beginner yoga participant and found this book somewhat daunting. I enjoyed the background in yoga principles, but encourage newbies to consider it a 30

week program rather than a 30 day guide. I liked the assignments given but appreciated when a beginner's view was shared (which was not always the case). This is a good yoga reference book for the dedicated practitioner's library.

Cherie says

I didn't connect w her as a yogini, after she talked about she wasn't skinny like a yogini would be and I saw photos. Lots of basic info, good for someone who doesnt really know yoga well. Also, what were those poses and sequences?

Kris says

This book made me realize why so many yogis admire Kino. She is is raw, real and funny. She admitted personal things in this book that I had no idea about and made me respect her more as a person. Loved this book so much that I started reading a few days at a time or more. Will refer back to it and happy it has a pose chart in the back. Looking forward to reading her Ashtanga books and looking to her for inspiration. I had tried a 28 day book before and it was lacking and uninspiring the complete opposite of this book which kept me hooked and obviously wanting more each day because I skipped ahead to finish. Glad I did. Thanks!

Rachel says

So bright, authentic, inspiring, and wise.

Melissa Hardy says

Kino has lost me over the past year or so, and this book didn't help! I actually find the book a little egotistical, the postures and sequences are far too advanced and offer limited variations. Whilst I understand that to move your way through the Ashtanga series' you need to have little body fat, but a reference to weight here almost makes one feel that you need to be skinny to practice - which is not the case!

Corey says

I'm a big fan of Kino MacGregor. And I enjoyed this book. The inspiration from this book comes from the yogi assignments she gives online. So if you follow her online — a lot of this will seem very familiar. One reviewer already said that this is a good library of poses — and I agree. I feel that I will consult the pose descriptions for a long time to come. Kino's descriptions of the philosophy are very honest. And I found myself looking forward to reading the book every day. My biggest problem with the book is that the lessons were often repetitive. I know that many life lessons are repetitive, so I understand that reality. However, I still wonder if the editing could've been a bit stronger to draw out different lesson descriptions. That being said, I very much enjoy Kino MacGregor's voice — and I appreciate how honest she is. She is an important

female voice for the path of yoga/ashtanga and her teaching influences me greatly. It is also a beautiful book - the photos are expertly done. It is a very nice book to read and then to have as a resource. I recommend investing in the work.

Fiction State Of Mind says

Coyer Winter Switch

This was a fun journey with really great tips for deepening your yoga practice. I do wish there were more options for easier poses. This is not very beginner friendly. Still lots of great info
