

Praise for *True Yoga*

Media Reviews

“By drawing on real-world trials and tribulations, Lee brings the Sutras to life. She explores how they might help with the tedium of sitting in traffic; the sensory overload from too much time on the Internet; the breakup of a marriage; or the stress and tension of raising a family while working full time.” ~ **Yoga U Online Review**

“True Yoga stands in clear contrast to the sort of trendy boutique yoga offerings that strictly focus on physical benefits. It is a gift for yoga practitioners of all levels, and for those who are considering taking it up. This insightful, accessible book will inspire or refresh commitment in all who take the time to read it.” **Honolulu Star Advertiser**

“Lee’s advice is supportive and will interest those who already practice the physical aspects of yoga but are seeking deeper understanding of the philosophical and spiritual elements. It will also be useful to newcomers to yoga, providing a strong foundation for the connections between mind, body, and spirit.” ~ **Foreword Reviews 5 Stars**

“In this work (Lee) does for the Sutras what Coleman Barks’ translations did for Rumi. She gives these ancient writings an up-to-date rendering that makes them exciting and relevant to our times.” ~ **Life Force Yoga Research Review**

Expert Endorsements

“A wonderfully fresh and down-to-earth guide to applying the sage wisdom of the Yoga Sutras.” ~ ***Donna Farhi, author of *Bringing Yoga to Life****

“*True Yoga* outlines the grandeur of this path we call Yoga, and how it encompasses and refines our inner and outer lives. It is a real gift.” ~ ***Nischala Joy Devi, author of *Healing Path of Yoga* and *The Secret Power of Yoga****

“This beautiful, wise, and exceedingly practical guide on how to live, *True Yoga* is destined to be a classic. Not only should it be on every yogi's bookshelf, but also on their mats as a roadmap for practice.” ~ ***Leza Lowitz, author of *Yoga Poems, Yoga Heart, and Here Comes The Sun****

“*True Yoga* is an amazingly comprehensive book of life, each section crafted with clarity, humility, and love . . . Jennie Lee has opened our eyes and made this often misunderstood practice remarkably accessible . . . truly brilliant, life-affirming work.” ~ ***Graham Salisbury, award-winning author of *Under the Blood Red Sun****

“[Jennie Lee] interprets the ancient wisdom of yoga philosophy for a modern Western audience with clarity and simplicity to joyfully and meaningfully apply its power to cope with life’s stresses as well as enjoy its rewards. Her inspirational writing uplifts the heart, body, and soul.” ~**Sydney Solis, author of *Storytime Yoga***

“Jennie Lee’s *True Yoga* reminds us . . . [that] what we need to be happy and content isn't outside of us, but rather an essential part of who we are . . . [*True Yoga* is] a book you will want to pick up again and again.” ~**Suzanne Dubus, CEO, Jeanne Geiger Crisis Center, and award-winning expert on domestic violence**

“Jennie Lee has poured her heart into this interpretation of the Yoga Sutras, and grounded the teachings in a living practice that supports a happy, free, and wise life.” ~**Kelly Birch, editor of *Yoga Therapy Today*, magazine of the International Association of Yoga Therapists**

“*True Yoga* offers an accessible introduction to Patanjali's Eight Limbs of Yoga . . . [and] provides a great supplement to technical translations of the Sutras.” ~**Janet Stone, owner of Janet Stone Yoga**

Amazon Reviews (from Yoga Teachers)

“As a yoga teacher involved in teacher training programs, I will make this book a welcome new addition to our required reading lists.” ~ Lisa W.

“As a professional level Kripalu yoga teacher, I have been using her chapters as themes for my classes and inspiration for private yoga therapy clients. Beautifully written and full of treasures, I highly recommend this book to everyone who is learning about yoga as well as life long practitioners!” ~ Carol G.

“We will be using this book in our yoga teacher training course.” ~ Jeanne W.

“As a coordinator of a yoga philosophy course I sincerely appreciate the unique niche this book fills and how well it does it.” ~Dave D.

“Jennie presents yoga philosophy in a way that’s easy to relate to and ready to apply.”

Amazon Reviews (from Yoga Students)

“With insightful wisdom Jennie Lee shares how we by using simple techniques can live a happier, calmer, wiser, more joyful life. A book well worth reading and using as a reference for daily practices for self-improvement! ~ Lotta K.

“I've practiced yoga for over 30 years and I'm always looking for books that will not only teach me more about the postures but will elevate my practice to something more than a form of exercise. True Yoga is exactly the type of book that I've wanted, as it adds the spiritual side to yoga in a clear, straightforward way. Jennie Lee is to be congratulated for her ability to take a complex philosophy and make it accessible to the layperson.” ~ Charl H.

“I have found opportunity to use what I have learned in this book parenting my three boys, in my marriage, at work and many other times when it has felt like the sky was falling.” ~ Mimi E.

“Jennie Lee has boiled down Patanjali's ancient, esoteric text into something powerfully potable for modern audiences. It's like sitting with a treasured friend whose wisdom and compassion you trust; a friend who can reach you in the sacred places you let no one else go; a friend who inspires and encourages you to become the highest expression of yourself.” ~ Lenny W.

“With a tone of warmth and compassion, Jennie Lee has taught the sutras in a way that helps the reader apply them to their own individual path and incorporate them into their personal yoga practice.” ~ Nancy J.

“True Yoga is a life enriching, easily understood treasure map towards inner power and peace. From page one, I felt like the author was a kind stranger, taking me on a tried and true path that has improved my relationship to my self, my family, my friends and my life.”

“True Yoga is a book that I can read over and over again and still find something new to take away and apply to my life. It is like having your own personal Yogi coach in a book. True Yoga is truly what yoga is all about: balancing the body, mind, and spirit to extend to its highest self.”

“Breaks down the true teachings of yoga in to laymen's learning and applies them to everyday life, so super practical. I love how the end of each chapter has questions, reflections and affirmations as ways to weave that chapter's theme into your day.” ~T.S.

“Provides a marvelous outline with easy to understand explanations of this ancient practice” ~ Juelanne D.

"A must read if you are ready to deepen your yoga practice off the mat." ~ Josef G.

"If you suffer from depression, anxiety, or even relationship abuse - help is within the 250 pages. An easy read, the information will lead to spiritual fulfillment." ~ Monique C.

"One of the most enlightening and readable books on the practice of yoga that I have ever come across." Graham S.

"Beautiful application of a true yogi living the 8 limbs."

"I learned how yoga is much more than postures and stretches on a mat and how to integrate yoga teachings, written thousands of years ago, into my life."

"An easy to understand, contemporary guide to ancient wisdom."