

## IT'S TIME TO DO YOUR YOGA, YOUR WAY.

Overwhelmed? Overscheduled? Want to access the benefits of yoga, but can't seem to make it to the mat? Good news! The problem isn't you—it's the yoga you're practicing.

Award-winning instructor and Uplifted Yoga founder Brett Larkin is here to help you design an adaptable, personalized practice, and cut to the chase with quick yoga habits that soothe your soul. With the support of quizzes and thirty book-exclusive companion videos you'll learn:

- ✓ A five-step method to design a personal practice that works for your schedule.
- ✓ How to adapt your practice to meet your physical, mental, and emotional needs.
- ✓ More than a dozen yoga habits that will help you calm your mind and body, even if you never manage to make it to the mat.

Grounded in the wisdom of yoga's original texts, Brett reminds us that yoga was always meant to fit easily into our everyday lives. Whether you're a beginner or a life-long practitioner, Yoga Life is your new go-to for a personal, transformative, joyful at-home practice to strengthen your mind, body, and spirit.

**Brett Larkin** is the founder of her awardwinning YouTube channel and Uplifted Yoga, where she's certified thousands of yoga teachers and helped millions of students discover a powerful at-home practice. Learn more at [brettlarkin.com](http://brettlarkin.com)

**READ BY THE AUTHOR**



Runtime: 7 h. 58 min. • Unabridged

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AUDIO

YOGA LIFE

Brett Larkin

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# PLAYAWAY

THE ALL-IN-ONE AUDIOBOOK

