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True to its name

By Ambika Karen Filardo E RYT500

This book guides you deeply into yoga inquiry, contemplation and insight. Key word; deeply. I got my copy signed last fall while working alongside Danny Arguetty in Massachusetts but didn't have time to really read it until I returned home to the midwest. Since then I've worn it out. I use it to teach yoga, train teachers, and most importantly to enhance my own practice. It delights me that many friends, teachers and colleagues inspired so many of it's chapters, in that regard it feels very intimate. However you don't have to personally know a soul and incredible teachers will speak to you directly through Danny and his amazing ability to write. You will be astonished at how rich and authentic this book is. Its all there, languaging, visualization, pranayama, asana and lovely closing ritual. Beautifully articulated and beautifully illustrated. If I had to get rid of all the books in my library and could only keep one this is the one I'd keep. It continues to surprise me and definately nourishes me. I thank the author for all the effort he put into nourishing the teacher. There is no other book like it.

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A "MUST HAVE" for any yoga teacher...or student

By Steven Hartman

This book is filled with valuable teaching ideas, experiences, and knowledge for yoga teachers...and students. Danny's way of writing is inviting. He shares his vast and varied yoga teaching and yoga study with

great generosity. Like a teacher willing to give away all their best teaching tools and tricks. He is so well-rounded in his approach that no matter what style or type of yoga you take or teach, this book is sure to expand your horizons and expertise. If you have been teaching yoga for a while and are looking for inspiration, this is your book. If you are a student and want to make your personal practice richer or get more from the classes you are taking, this is your book. Truly nourishing

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