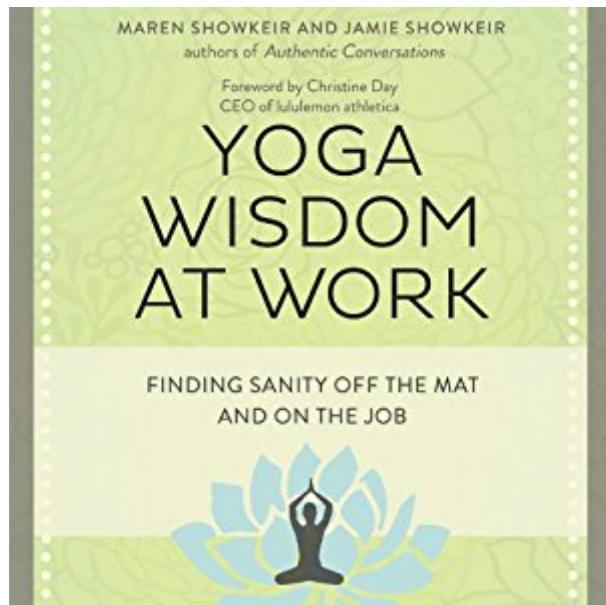


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# **Yoga Wisdom At Work: Finding Sanity Off The Mat And On The Job**



## Synopsis

In the Western world, the yoga practice associated with doing poses on a mat benefits millions of devotees every day. Yet few people realize that the physical practice is rooted in a larger philosophy offering profound insights that can help people confront the complexities of daily life, especially at work. Maren and Jamie Showkeir's unprecedented book brings into crisp focus the full range of yoga's rich, transformational benefits. Based on the traditional Eight Limbs of Yoga (the postures, or asanas, are only one limb), it offers straightforward, practical suggestions on how to integrate yoga's ancient philosophy and beautiful spiritual principles into the modern workplace. The Showkeirs know firsthand how yoga's wisdom can make work-and life-more rewarding and worthwhile. They explain each of yoga's tenets and show how a broad, steadfast practice leads to a productive, creative, and energizing work environment. The book offers illuminating stories from people in professions such as banking, law enforcement, film directing, education, and more. These living examples illustrate how yoga's teachings reduce stress and increase meaning and satisfaction at work. The Showkeirs believe passionately that a physical practice alone will barely scratch the surface of yoga's transformative powers. Much more than a simple how-to book, *Yoga Wisdom at Work* is an invitation to use the Eight Limbs to cultivate the spark of the divine that dwells within each of us. Yoga's precepts offer you the keys for staying centered, compassionate, positive, and sane every hour of the day-including from nine to five.

## Book Information

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## Customer Reviews

Full disclosure: I am not a yoga guy! Oh, I've had my youthful moments on the mat quieting the yammy yammy in my mind. And, I have great appreciation for the virtues and benefits of yoga. But, the Showkeirs are my friends so I gave *Yoga Wisdom at Work* a read. I am still not a yoga guy! But, there is far more to this book than meets the third eye! Their questions will profoundly shake your life perspectives; their insights will influence your work discipline. This masterful work is written in the key of spirit. Read their new book and get ready for a powerful yet peaceful trip to contentment and wholeness.

Sometimes you do things for a friend. I have a friend who is an avid yoga practitioner who is always bugging me to try it. I have nothing against yoga, but I always saw it as nothing more than exercise. So my friend said I should read this book. She's my friend, so I did, and it was a revelation. You don't have to contort your body or go around chanting "OM" to practice yoga. Who knew? What I got from this book was a new look at the philosophy behind yoga and how it can help people develop their innate potential and live more meaningful lives. It's spiritual, yes, but more importantly, it is SO practical. The authors tell some great stories, and they offer suggestions at the end of each chapter for developing the kinds of practices that can help you be a better worker, a more compassionate coworker and remember what is important about doing your work. And if your practice consistently (and forgive yourself if you forget) it will reduce stress and create peace of mind. This book is a powerful reminder of the importance of being clear about our intentions as we make decisions. I wish everyone in corporate America would read this book. I'm telling all my friends... Try it...you'll \*like\* it.

Reading *Yoga Wisdom at Work*, I felt not only the gentle, wise voice of the authors, Maren and Jamie Showkeir, but the voices of the many teachers they reference in this special book, a handbook...a living guide...for deepening the knowledge and practicing the principles in everyday life. Like their first book, *Authentic Conversations*, the authors don't shy away from asking difficult questions, encouraging hard conversations and choices. Yet, they do it in a way that makes you feel that you are in the company of those who accept you just as you are, flawed and imperfect, but maybe wanting to be a little more conscious. *Yoga Wisdom at Work* is about living your values. It was inspiring to read about Laura Karet, CEO of Giant Eagle, and how "namaste informs every aspect of her leadership philosophy," how she and others have "baked" namaste into the company's culture by being "title blind," valuing everyone and what they do. It was equally inspiring to read about the meanings of the concepts in each limb, the examples and implications for incorporating

them in our work culture. Pausing to read and reflect on the questions is probably the most powerful and transformative aspect of this book. With each query, we get the opportunity to stop...to take a breath...to make a choice...to decide how to act. *Yoga Wisdom at Work* is one of those books you will wear thin from good use. It gives us the language for shifting our vocabulary, having the conversations, applying the concepts meaningfully...most importantly for "finding sanity off the mat and on the job." Imagine a critical mass of people living and working this way. What might be possible?

I've been practicing yoga on and off for many years, but I was never taught the basic principles that form the yoga philosophy. What we do on the mat is what I considered "yoga", but now I know it is much more than that. This book was a great introduction to the different components that comprise the entire yoga philosophy and the authors connected these to daily life and especially to work. I read it through once and it was a great calming, yet inspiring read. I plan to refer back to it again, and perhaps give it another read through to really let the principles soak in. I recommend for anyone, but especially to beginner to experienced yoga practitioners who would like to gain a deeper knowledge about their practice.

This book is a real find for "Yogis", neophytes and those in between. The Showkeirs take a practical approach to an ancient art and demonstrate the immense power Yoga can have in our lives. I often think that the benefits of practicing principles off the mat are the most magical part of having a Yoga practice. Jamie and Maren Showkeir have written a book that gently explains why this is through beautifully relevant examples and tools. The five suggestions at the end of each chapter are golden and should be brought into every workplace (ex. "Listen to the stories you tell yourself...reframe them" , "Do a technology fast", "During meetings listen closely to what is being said without judging what is being said. Do yourself a favor in this amped up world we live in....buy yourself, your family and friends this treasure of a book. Your sanity will be glad you did.

What a better world it would be if everyone read "*Yoga Wisdom at Work*." I love this book. I enjoyed reading it immensely, and refer to it often. It helped shed light on my business relationships and helped me become more fully integrated with the mission of my business. I've made a conscious effort to incorporate the 8 Limbs of Yoga as presented in "*Yoga Wisdom at Work*" and within a few months of reading, I've navigated a major business transition while maintaining a harmonious work environment, and simultaneously increased revenues by more than 30%. Simply put, practicing the

8 Limbs of Yoga at work helps create harmony and a greater sense of community. As a side benefit it also creates success. "Yoga Wisdom at Work" is a book I will continue to refer to. There are a few books that I like to give as gifts. This one made the list.

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