



## An Offering of Leaves (Paperback)

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By Ruth Lauer-Manenti

Lantern Books,US, United States, 2010. Paperback. Condition: New. Language: English . Brand New Book. For many years at the Jivamukti Yoga School in New York City and throughout the country, popular and highly regarded yoga teacher Ruth Lauer-Manenti (affectionately known as Lady Ruth ) has been offering her students dharma talks --stories from her life that accompany her classes and represent the yogic commitments to ahimsa (non-violence), compassion, and service. Some of these talks have now been collected in a book, many of them accompanied by a reading from classic Hindu texts, such as The Bhagavad Gita, The Hatha Yoga Pradipika, and The Yoga Sutras of Patanjali. Composed with humor and sensitivity, An Offering of Leaves is the perfect gift for the aspiring yoga practitioner and any spiritual seeker wanting to live with thoughtfulness and integrity.



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