



Rushing to Yoga

Marilee J. Bresciani

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Rushing to Yoga details how awakenings may be found in distant countries as we search to find ourselves, but they also can occur daily in our lives. The stories included describe how we can benefit from our daily lives if we only take a moment to stop rushing around and allow the learning-the remembering-to occur. We don't need to spend a fortune, flying to Bali or Italy. Our awakenings, our remembering can occur right here in our daily lives, as long as we have a sense of humor and some fabulous friends to help us identify them and remember them.

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