



Yogini: The Power of Women in Yoga

Janice Gates

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Shakti is the Sanskrit term for the feminine energy of the Divine. Yogini is created for, and by, women, and all who have a passion for yoga as a path and a way of life. There is no other yoga book which addresses women's issues and concerns; while 90% of yoga students are women, the majority of yoga leaders have been men. Yogini traces the rise of women teachers in modern yoga and offers women stories and ideas for what can be done off the mat to integrate yoga practice into daily life. Here is an inspirational guide for the modern yogini offering a fresh perspective for everyone's yoga or spiritual practice. The candid photos and personal stories of intention, intuition and devotion of many of today's leading yoga teachers; Angela Farmer, Nischala Joy, Sarah Powers, Shiva Rae, Donna Farhi, Anna Forest, Rama Jyoti Vernon, and Tenzin Palmo. Contributing essayist Linda Sparrowe is the author of many bestselling yoga titles and is the former managing editor of Yoga Journal



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