



Yoga Body, Buddha Mind

Cyndi Lee

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In **Yoga Body, Buddha Mind**, the first book to give readers the best of both inextricably linked practices, Cyndi Lee -- author of the bestselling series *OM Yoga in a Box* -- shares her twenty years of experience as a practicing Tibetan Buddhist and one of the country's most famous yoga instructors. This easy-to-use guide shows readers of all yoga levels how to combine the basic tenets of Buddhism and meditation with yoga practice. Her book offers simple meditation programs and exercise sequences that can be done just about anywhere, in addition to more advanced and rigorous regimens. Written in the same personal, comfortable, and charismatic style that Cyndi Lee has brought to her classes, **Yoga Body, Buddha Mind** is a comprehensive how-to guide for spiritual well-being and the ultimate enlightening experience.

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