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power of yoga and
how to weave it
seamlessly into his
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Published Reviews

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CAA Signs 'Every
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Body (Workman) is
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woman ' s search for
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beginner ' s guide to
asana yoga. ” —ELLE

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Fear, Get On the Mat, Love Your Body. was so well thought out and meaningful. Yet, her use of profanity especially the "f" word was a huge disappointment to me. I feel as though she was throwing it in my face to shock me.

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But fear and lack of motivation can get in the way of even starting a practice. In this excerpt from her upcoming book, Every Body Yoga: Let Go of Fear, Get On the Mat, Love Your Body

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Let Go Of Fear, Get
(Workman, 2017),
On The Mat, Love
Your Body
Stanley gets real
with first-time
yogis (and even
yogis with a LTR
with yoga) about
what will get them
on the mat.

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a Google image
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[Jessamyn Stanley]

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book that breaks all the stereotypes. It's a book of inspiration for beginners of all shapes and sizes: If Jessamyn could transcend these emotional and physical barriers, so can we. It's a book for readers already doing yoga, looking to refresh

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their practice or
find new ways to
stay motivated.

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are tailored to specific moods and emotional needs. Feeling frustrated, low or drowning in self-doubt? The gorgeous photos of Jessamyn and other yogis – Laura, Chrissie, Charlie, and Jaclyn, show what you can do and are inviting .

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“This touching
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work is a must for
those new to yoga,
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or body type. ”

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Stanley is the
founder of The
Underbelly virtual
yoga studio, and
author of “Every

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