



Yoga for Life: A Journey to Inner Peace and Freedom

Colleen Saidman Yee , Susan K. Reed (With)

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From a rebellious young woman with a dangerous heroin habit to a globe-trotting fashion model to “First Lady of Yoga” (*The New York Times*), Colleen Saidman Yee tells the remarkable story of how she found herself through the healing power of yoga—and then inspired others to do the same.

I've learned how to extract the beauty of an ordinary day. I've learned that the best high exists in the joy—or the sadness—of the present moment. Yoga allows me to surf the ripples and sit with the mud, while catching glimpses of the clarity of my home at the bottom of the lake: my true self.

The very first time Saidman Yee took a yoga class, she left feeling inexplicably different—something inside had shifted. She felt alive—so alive that yoga became the center of her life, helping her come to terms with her insecurities and find her true identity and voice. From learning to cope with a frightening seizure disorder to navigating marriages and divorces to becoming a mother, finding the right life partner, and grieving a beloved parent, Saidman Yee has been through it all—and has found that yoga holds the answers to life’s greatest challenges.

Approachable, sympathetic, funny, and candid, Saidman Yee shares personal anecdotes along with her compassionate insights and practical instructions for applying yoga to everyday issues and anxieties. Specific yoga sequences accompany each chapter and address everything from hormonal mood swings to detoxing, depression, stress, and increased confidence and energy. Step-by-step instructions and photographs demonstrate her signature flow of poses so you can follow them effortlessly.

Yoga for Life offers techniques to bring awareness to every part of your physical and spiritual being, allowing you to feel truly alive and to embody the peace of the present moment.

Yoga for Life: A Journey to Inner Peace and Freedom Details

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Sian Lile-Pastore says

I liked this - it has sequences that tie in with interesting themes (truth, love, fear etc) and personal stories that go with them. Tells saidman yee's story of yoga and has lots of pictures of her wearing a unitard in a slightly 70s way. Wasn't crazy about the format or design of the book, but the content was great.

Tamara Dahling says

I thoroughly enjoyed this book. I live near Bluffton, IN where the author's early life took place and I've had the good fortune to get to know her sister, so I do have a personal connection to the story. One of my children also lives in New York, adding another connection. It's the story of a life filled with ups and downs, bad decisions, good fortunes, and a willingness to embrace life when it embraces her back and when it doesn't. The author's discovery and incorporation into her life of yoga are woven throughout the memoir, complete with photos and instructions of practices that the reader can do.

A very life affirming book that is worth reading!

Melanie Vidrine says

This book was a gift from d-n-1 Kim. Each chapter deals with a theme (roots, trauma, forgiveness, etc) which, taken together, forms a memoir of Colleen Yee's life. The chapters are followed by sequences of yoga poses that relate to the theme. Since I love a memoir, I read the chapters quickly, relating to much of the story; I glanced at the poses for later inspiration. Having now finished the story, I will include the pose sequences in my practice. Highly recommended, thx Kimberly Andrews Vidrine.

Karen says

When Colleen sent me an advance copy of this book, I devoured it over a weekend. It's one of the best books I've read this year and it's a must-read for every woman who wants to feel good in the skin she's in, develop confidence, forgive the past and create a brilliant future. From a rebellious young woman with a dangerous heroin habit to a globe-trotting fashion model to "First Lady of Yoga," Colleen Saidman Yee tells the remarkable story of how she found herself through the healing power of yoga – and then inspired others to do the same. Colleen's funny, moving and compassionate approach helps women set down their shame and pick up their voices. Her work has helped me find more joy through asana, honest self-reflection and loving kindness. This book is a treasure – it's also incredibly well written and delicious.

Hillary says

An amazing teacher. I enjoyed a class with her and training she and Rodney Yee designed, Urban Zen - a really fantastic program. So kind and down-to-earth. Enjoyed the book.

Shannon says

Of all the yoga inspirational/how to books out there, this one is beyond the best. She doesn't gloss over her life, her past, her problems, all while keeping it relevant to yoga. This is a brilliant, beautiful read with many insights on life and yoga.

Donna Persico says

There aren't enough stars to rate this insightful and touching book. I couldn't put it down, (and that rarely happens) Like all good stories, I didn't want it to end. Her prose combined with her practice were beautifully laid out, easy to understand, and relatable. We've all been there, and it's a joy to see someone like Colleen choose to share her story with grace, beauty, bravery, and truth. Namaste.

Diane says

Another book that I came across at the right time. Refreshing and honest. By sharing her story, Colleen inspires us to let go and just be and shares a foundation for discovering our own self acceptance. So glad I read this. I enjoyed this and it held my attention from start to finish.

Sandra Hypatia says

Great read! She lets you in to her very real life and makes you feel comfortable enough to contemplate the practice as something you can teach as well. Her examples are beautiful and orientated for all levels. I loved this book! I look forward to opening it from time to time to do a variety of different poses for certain issues we all go through.

Lara says

Colleen Saidman Yee - famous yogini, model and the wife of the wonderful yoga teacher Rodney Yee (as well as now being a publisher author) - has written an autobiography that is searingly honest. Ms. Yee's life is one never lived halfway. She seems to have experienced everything. She had a career for years as a successful, high-profile model. She was struck by a car when she was a teenager, out playing "chicken" with friends while she was high. She was a heroin junkie who kicked her habit BY HERSELF in about a week; someone who, on a camping trip with her brothers, was struck by lightening; and someone who suffers from epilepsy. And yet, despite all of that, Colleen is now one of the most well-respected and loved yoga teachers in the United States.

Ms. Yee's extraordinary life has been an unconventional roller coaster ride which she relates with honesty and energy in her new book, "Yoga for Life: A Journey To Inner Peace and Freedom". As she recounts her amazing story, Colleen (born of Italian-Irish stock) supplements each chapter with specific yoga routines of her own devising to address each emotion and/or topic covered in that particular chapter. (She does something very similar with her classes, inserting specific music and a reading into the physical work to enhance the students' experience.) We can all identify with whatever she's going through: feelings of guilt, of not being "enough", of measuring our lives by getting that A++ instead of the A+ on a school paper (which she recounts herself doing). Always wanting to be perfect - and never being satisfied by anything.

She's so positive and encouraging it's crazy. Pictures of her throughout the book capture the glow of her face and you are struck by her energy and happiness throughout the text. Finding her own peace freedom from her demons through yoga, Colleen emphasizes the many benefits of the practice and how anyone - ANYONE - can put yoga into their own lives and experience personal growth and expansion. Yoga, she says, isn't all about being able to wind your leg behind your head (though people like me are working towards that, as well!). Rather, it's about finding release and a feeling of potential through a consistent practice of flowing and physically challenging poses that dig into the heart of your feelings, your body and your soul. And which, if you let them, can gradually change how you view yourself and the world around you.

Now let me say this: If you have read this review, thinking, "Oh yeah, another book from a chanting hippie", you could not be more wrong. "Yoga for Life" is a beautiful work from a beautiful lady, who has come to know herself more deeply than most people ever do in their own lifetimes. Her words and work cannot be dismissed so easily or so meanly. She's an example of what a person can become if only they are open and live their lives with complete self-honesty. Her joy radiates through each word, making you feel that you, too, can experience this same joy for yourself in your own life.

If you already practice yoga, as I do, Colleen's story will enhance your enthusiasm and your practice. If you don't already practice, this book, I promise you, will make you want to start. I can't think of anything I've recently read that has left me feeling so much joy at each word and that had me nodding affirmatively as she touched on feelings I've had myself in the last month since I've begun my practice. "Yoga for Life" is a gift for everyone. And I'm about to start reading it for the second time!

Namaste.

Ron S says

While this book does contain yoga asanas and plentiful photographs, presented by theme, this is a story about finding one's identity and self-acceptance more than a yoga book per se. The author has experienced addiction, serious health issues, and an interesting work career ultimately leading to yoga and marriage to Rodney Yee. As an author her story is told with little ego or pretension. A great read for anyone that enjoys stories of personal journeys, regardless of whether they practice yoga or not.

Aaron Smith says

I finally read this book I bought several years ago! My sister introduced me to yoga through Gaiam DVD in 2013 or so. The author was featured in the video and her husband. I have not studied the principles behind

different yoga practices but I have done Yoga for 4 years routinely. Yoga has changed my life. Yoga is calming, balancing and stress relieving. I am a Christian and believe that our bodies our temples of the Holy Spirit and these exercises, meditations and poses honor our bodies. I am more balanced and can change my focus immediately with yoga.

The book is very interesting and honest. This book is real. I learned so much from it.

Lisa says

Another great book from a leading yogi. Her life was so interesting with different layers of complexity. It really humanizes a person who looks so beautiful and seems so at peace when you see her in pictures. She really imparts some wonderful lessons and nuggets of wisdom while discussing her life's journey. The only reason I didn't give it a 5 is because of the pictures showing her yoga sequences. The pics are very small and you really need to do a lot of reading to understand what she wants you to do, which I find to be a bit of deterrent. However, I really like her emphasis that sequencing is just as important as alignment. There's a yoga sequence that corresponds to each portion of her life's journey and how it can help you heal if you identify what that need, which I find that fascinating.

Kristi says

I laid in my hammock in the sun yesterday and read this cover to cover. It's part memoir, part yoga instruction. I love how the author delved into the deeper practice of yoga, instead of just the asanas. She has lived a very interesting life and I really enjoyed how she weaved the different lessons of her journey into chapters with accompanying yoga sequences. Beautifully done.

Michael Cohen says

A Love Letter to Life & Yoga

A truly inspiring story in and of itself, but Colleen's ability to frame the stages of her life through the lens of her yoga practice transforms her biography into a manual for making more than peace of your life.
