



# Training the Wisdom Body: Tibetan Yogic Exercise

*Rose Taylor Goldfield*

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Sitting still in meditation may be the common image that comes to mind when one thinks of Buddhist practice—but just as important is cultivation of awareness through movement. The traditional Tibetan practice of yogic exercises known as *lujong* helps us connect with and explore the natural wisdom inherent in our living, breathing, feeling bodies. *Lujong* is an exercise that engages our whole being—body, mind, and subtle body—from the coarse aspects to the subtler and more profound. This book provides a thorough foundation for those new to the practice, and it helps people already engaged in any form of yogic exercise to deepen the potent fusion of meditation and physical movement. Included is an overview of the unique tradition of Buddhist yoga, along with instructions on how to work with the body and mind in seated meditation; tips for furthering our practice by working with adversities such as fear, procrastination, and anxiety; and guidance on bringing practice mind into daily life. The author also offers exercise instructions and a complete explanation of the movement practices, with photos to illustrate.

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