



# For the Love of Food and Yoga: A Celebration of Mindful Eating and Being

*Liz Price-Kellogg, Kristen Taylor*

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Written by a yoga student and teacher, *For The Love Of Food And Yoga: A Celebration Of Mindful Eating And Being* is a visually rich exploration of how the inner awareness we develop on our yoga mats fuels our bodies, minds and overall states of well-being, which subsequently impacts our lifestyles and food experiences. This book is comprised of 100 “YogiBites”—a collection of time-tested yoga teachings—paired with 100 original, soul-satiating recipes that are vegetarian, vegan, or raw. A handful of the playful and thoughtful recipes that will encourage us to eat, feel and live well include:

- So Hum...Mus,
- Conscious Chicks
- Hatha Hot and Sour Soup
- Reuben Revelation
- Warrior Noodle
- Bird of Paradise Pina Colada
- Buddha Brussels
- Twisted Tacos
- Delightfully Silly Snow Cones

The book's forward is written by David Swenson, recognized today as one of the world's foremost practitioners and instructors of Ashtanga Yoga.

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