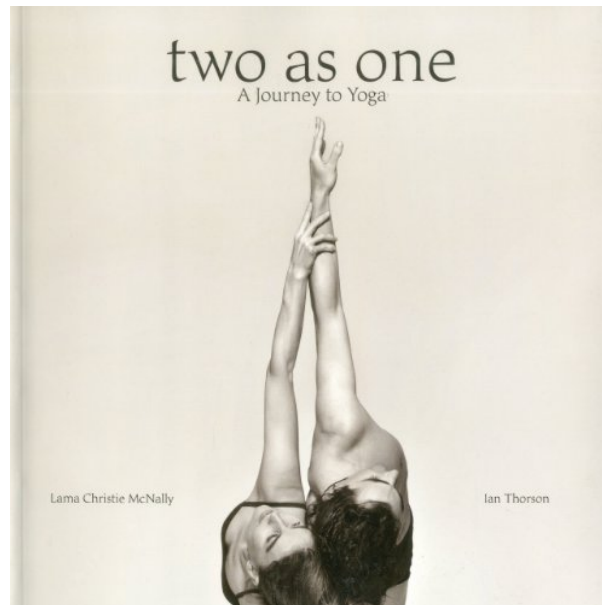
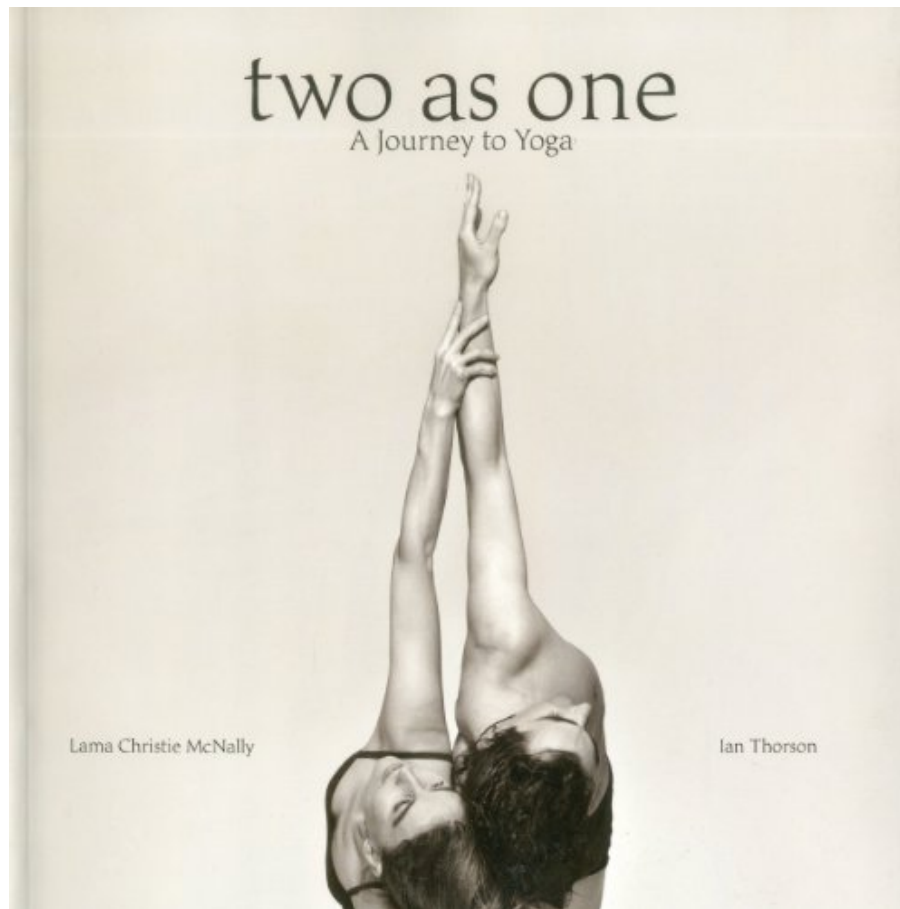


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Two As One - A Journey to Yoga Through decades of study, training, and deep meditation, McNally and Thorson have mastered the practice of Partner Yoga. Two as One: A Journey to Yoga integrates philosophy and yoga techniques from many time-honored disciplines to create a synergistic experience for two Yoga partners working together. Two As One is a revolutionary concept which gives each partner the power to support and be supported; to open and be opened. This gift from the masters offers an ingenious tool for aspiring yogis and spiritual seekers alike, to move farther and faster on the path than they ever possibly could alone - and perhaps enjoy the practice more than ever before! The poetry of bodies captured in the book was photographed by world-renowned New York City Photographer Connie Hansen of Guzman Photography. It was she and stylist Gabriele Vignorelli who launched the original ad campaign that made Gap a household name. They work again together here, to capture another unique and timeless style. The Two As One partner-yoga practice reveals the essence of ancient secret practices for radical transformation, through an exquisite and simple presentation. As Lama Christie describes, "When you work together in a hands-on, visceral way, you tap into the power of the inner body. It forms a resonance between the two people that is more powerful than anything the individual by themselves can call up. This is a revolutionary concept on how to travel the spiritual path". All proceeds from the book will be donated to support more than 50 people entering into a historic three-year retreat at Diamond Mountain University in southeastern Arizona. DMU teaches Tibetan Buddhism through advanced philosophy, yoga, debate, and many other methods that enable individuals to help others.

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Nice book

By DoraThex

When I see how beautiful both of these people appear in this book it is so sad to think how it all ended so tragically.

That aside, the book has great content and postures that you can definitely try to use with a partner.

The only negative I have about this book and this has more to do with out it was produced than the substance of the book; is that many of the photos are cuts off in the binding of the book. That's not cool and it takes away from the photo. They need to make the photos fit the page so you can get it's entire essence.

3 of 6 people found the following review helpful.

This is a yoga book not a book about Ian's death!

By Alyssa Cotter

Yes this was written by a couple that ended tragically. That actually has nothing to do with this book that was published years before he died. This book wasn't published afterwards to get money for them.

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