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This is a beautiful book in every way. Comprised of Lowitz's poems on The Buddha's Six Perfections and illustrations by Japanese artist Akiko Tanimoto, it is both a work of art and a guidebook for living real life.

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In 2010, Leza Lowitz, the founder of Sun and Moon Yoga Studio, was about to publish a new poetry book and was looking for an artist who could provide Japanese suibokuga to accompany the poems about yoga and meditation. Akiko's suibokuga inspired Leza to choose her to illustrate her book, Yoga Heart: Lines on the Six Perfections, which was Akiko's debut as a book illustrator.

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to behold. Even the typography and colors are food for contemplationhighly recommended for people who will not only read the lines for enjoyment

About Me | Leza Lowitz

For over two decades, Leza has been bringing together the worlds of yoga and creativity at her popular yoga studio, Sun and Moon Yoga, and in over twenty best-selling books. Originally from San Francisco, she has been studying meditation, yoga and healing for over 35 years and teaching for over 25. Lowitz credits her yoga and meditation practice with deepening her creativity, discipline, and

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Yoga Heart: Lines on the Six Perfections is a meditative journey reminding readers through its poetry of the six qualities that help us to connect with a world which seems to getting both more intertwined and isolated at the same time. Accompanied by the illustrations of Akiko Tanimoto, the brushstrokes are reminders of the intangibility and elusiveness of perfection. Exploring the themes of

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