



# Yiddish Yoga: Ruthie's Adventures in Love, Loss, and the Lotus Position

*Lisa Grunberger*

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## **Yiddish Yoga: Ruthie's Adventures in Love, Loss, and the Lotus Position** Lisa Grunberger

The poignant and funny tale of a recently widowed New York City Jewish grandmother, who accepts her granddaughter's gift of a year of yoga lessons with surprising results.

A Bubby like Ruthie doesn't necessarily come to yoga with the most open of minds. At first, she is skeptical of yoga and its promise of renewal, healing, and transformation. Ruthie can't resist poking fun at some of the new words and rituals she encounters, translating the exotic language of yoga into the more familiar idiom of her native Yiddish culture.

As Ruthie's journey progresses from week to week, she forges new paths, new postures, and unexpected friendships, slowly overcoming her grief. Yiddish Yoga is a poignant, witty, and human story of love in its many expressions-between grandmother and granddaughter, between an older woman and her younger yoga teacher, between a widow and her husband of fifty years. As Ruthie learns to let go of the past without forgetting, she shows us how to embrace the present with new vigor, strength, and courage, all the while making us laugh.

This small-format gift hardcover features original illustrations, and glossaries of Yiddish and yoga terms.

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The book untitled Yiddish Yoga: Ruthie's Adventures in Love, Loss, and the Lotus Position contain a lot of information on the item. The writer explains the woman idea with easy technique. The language is very straightforward all the people, so do not necessarily worry, you can easy to read it. The book was compiled by famous author. The author will bring you in the new period of time of literary works. You can easily read this book because you can read on your smart phone, or model, so you can read the book throughout anywhere and anytime. If you want to buy the e-book, you can available their official web-site and order it. Have a nice learn.

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