

The Forgotten Body: A Way of Knowing and Understanding Self

As Yoga becomes a more widespread part of western culture, its face continues to change and evolve even as its practitioners make new discoveries about themselves. In **The Forgotten Body: A Way of Knowing and Understanding Self**, (Satya House Publications, April 2008) Elissa Cobb, co-director of Phoenix Rising Yoga Therapy, shares the wisdom and insight that she has garnered from her own lengthy journey of self-actualization. This book deals with the body as an overlooked repository for the most profound scrolls of personal wisdom that one is likely to discover.

Elissa Cobb, like many before her, finds herself confronted with the undeniable connection of the mind to the body. Her own journey has led her to the realization that mastery of one's mind can be most effectively attained through the rediscovery of one's physical body. Phoenix Rising Yoga Therapy serves as the model for the developing synthesis of psychology, spirituality and bodywork, to give the reader a solid foundation of personal physical discovery from which to grow.

With her own personal truths used as examples of the body's powers of wisdom, Elissa Cobb urges the reader to take them just as they are; her own truth, not *the* truth. The text follows a ground up approach beginning with the use of one's body as a foundation for self-discovery and proceeds skyward, leading the reader along a path that many will find parallel to their own life journeys. **The Forgotten Body** is not a rulebook or a rigid doctrine. It is simply a guide to the rediscovery of the simple and profound truths of one's own body. As the great yogi Saraha said in the late eighth century, "*The most profound pilgrimage I can ever make is within my own body.*" **The Forgotten Body** was written for those who are searching for personal authenticity (proof of life), those who want to begin or develop a transformative practice, and those who have a body. It is intended for anyone who is intrigued by the possibility of looking inside rather than outside for the answers to life's questions. In a culture where many have become accustomed to looking outside of themselves for guidance, this book offers the reader an opportunity to turn inside for the answers to questions about life and self.

Elissa Cobb has more than twenty years of combined practice and teaching experience in fitness/health consulting, body/mind and movement practices, Yoga and Yoga Therapy. She leads Phoenix Rising training programs worldwide and is an active speaker at mind/body industry conferences and symposia.

The book is available for pre-order directly from the publisher (www.SatyaHouse.com), or from Phoenix Rising (www.pryt.com).

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Book Summary:

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