



## Kokoro Yoga: Maximize Your Human Potential and Develop the Spirit of a Warrior--the SEALfit Way

By Mark Divine, Catherine Divine



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*Kokoro Yoga*, by *New York Times* bestselling author and former U.S. Navy SEAL Mark Divine, is an integrated physical, mental, and spiritual training, designed initially for the nation's elite special-ops soldiers and now taught to anyone seeking to develop the heart and mind of a warrior. Kokoro, the Japanese concept of warrior spirit?or merging heart and mind into action?is the central focus of Divine's new approach to teaching yoga.

Coach Divine's yoga sequences are focused to adapt to all physical and mental capabilities, combining breathing, meditation, and visualization into both traditional poses as well as cross-training/combat-conditioning exercises. His decades of experience with amateur and professional athletes, active and aspiring Navy SEALs, and wounded warriors uniquely qualifies him as an expert motivator and teacher.

With *Kokoro Yoga* the practitioner will:

- \* Get an unbeatable full-body workout through body-weight functional movements that can be done at home or on the on go
- \* Increase flexibility while building long, lean muscle mass
- \* Improve physical and mental balance, focus, and control at all levels?including a special segment designed for those recovering from PTSD
- \* Find emotional, intuitional, and spiritual harmony to achieve peak performance

Coach Divine's methods have been tested by the toughest warriors in the world. Use this book as a guide to experience the profound power of yoga as a developmental system that will allow you to break through any barriers holding you back.



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### Editorial Review

#### Review

"Every CrossFit athlete and modern-day warrior needs to incorporate yoga into their life, and this book will teach you how. Mark's teachings have changed my life, and they will change yours too." ? Greg Amundson, former DEA Special Agent, business owner, and CrossFit Law Enforcement Liason

"Mark has redefined yoga for me.... With his integrated approach, he is able to whittle down its complexities into actionable sequences that not only energize and strengthen my body, but also heighten my mental focus and spiritual awareness. Bravo Zulu." ? Chriss Smith, U.S. Navy SEAL, owner of Trident CrossFit

"As a former Naval Special Warfare Sniper Course manager I know the importance of developing a solid mental and physical training program. To be candid, 8 Weeks to SEAL FIT is the best program I've come to know outside of someone actually going through SEAL training. If you're looking for a quick start fitness gimmick then move on, if you want to adopt a program that promotes lifestyle fitness and mental toughness then get Mark's book, it will change your life for the better." ?Brandon Webb, Navy SEAL, *New York Times* Best Selling Author and Editor of *SOFREP.com* on *8 Weeks to Sealfit*

#### About the Author

MARK DIVINE is a retired Navy SEAL, accomplished yoga teacher, and martial artist and has trained thousands of aspiring special operators, athletes, & professionals in physical and mental toughness using the principles outlined in this book. An entrepreneur and innovator in the field of human potential and peak performance, Mark created the world-renowned Unbeatable Mind integrated training system, founded SEALFIT and NavySEALs.com, and is a *New York Times* bestselling author of *The Way of the SEAL*, *Unbeatable Mind*, and *8 Weeks to SEALFIT*. He lives in North County San Diego with his wife, Sandy, and son, Devon.

CATHERINE DIVINE has taught in a variety of studio and conference settings such as Wanderlust Festival, Yoga for Peace, and the Green Yoga Festival. She has trained in various Yoga styles, notably with Tim Miller of Ashtanga Yoga and Gary Krafstow of Viniyoga. She lives in Encinitas, CA.

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#### Lori Leavitt:

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### **Elsie Fiala:**

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### **Donald Freeman:**

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