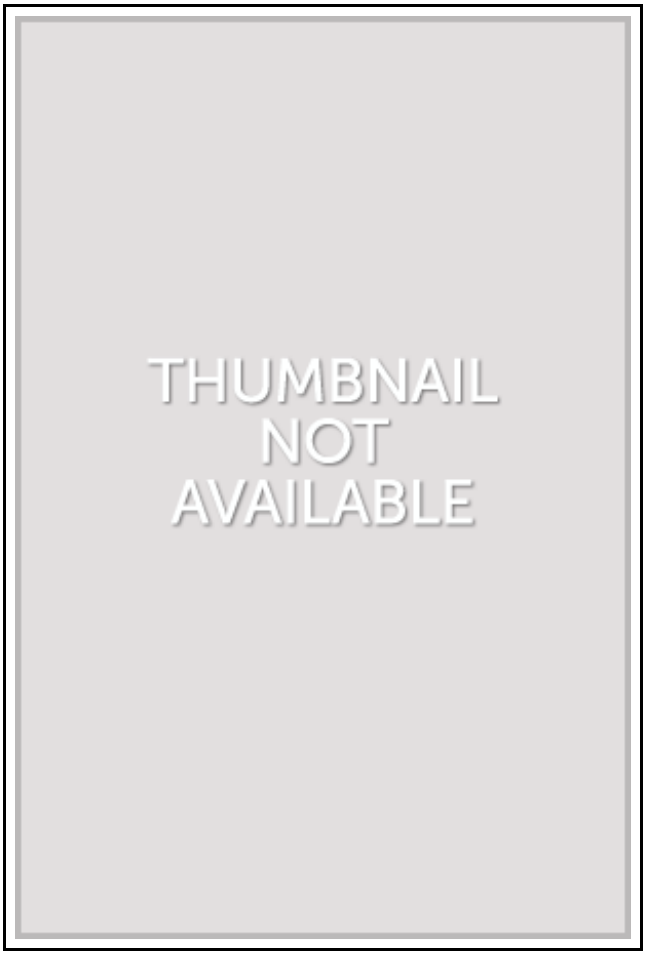
Yoga for Real Life: The Kundalini Method



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Reviews

Completely essential read through book. It normally is not going to charge an excessive amount of. I found out this book from my dad and i advised this pdf to find out.
(Madelyn Douglas)

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Atlantic Books. Paperback. Book Condition: new. BRAND NEW, Yoga for Real Life: The Kundalini Method, Maya Fiennes, Maya Fiennes believes passionately that yoga can be enjoyed by everyone, young and old. Her unique style of yoga and meditation for modern living is based on Kundalini yoga, which works on inner energy centres ('Chakras'), combining poses, breathing, chanting and meditation for a full mind-body workout. Both deeply enjoyable and uplifting, it has made her one of the most in-demand yoga instructors in the world. Whether you're fit and flexible or haven't sat cross-legged since childhood, Yoga for Real Life is an easy to use guide, packed full of yoga advice and insights designed to give the reader the confidence to deal with life's everyday challenges - and really make a positive change. From de-stressing and dealing with matters of the heart, to unlocking creative potential and coping with children, families and aging, Yoga for Real Life is an indispensable guide, sumptuously illustrated with the photographs by David Loftus - Jamie Oliver's photographer - to getting the most from your daily routine, for the rest of your life.

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