



## For the Love of Food and Yoga: A Celebration of Mindful Eating and Being (Hardback)

By Liz Price-kellogg, Kristen Taylor

Skyhorse Publishing, United States, 2015. Hardback. Condition: New. Language: English . This book usually ship within 10-15 business days and we will endeavor to dispatch orders quicker than this where possible. Brand New Book. Written by a yoga student and teacher, For The Love Of Food And Yoga: A Celebration Of Mindful Eating And Being is a visually rich exploration of how the inner awareness we develop on our yoga mats fuels our bodies, minds and overall states of well-being, which subsequently impacts our lifestyles and food experiences. This book is comprised of 100 YogiBites --a collection of time-tested yoga teachings--paired with 100 original, soul-satiating recipes that are vegetarian, vegan, or raw. A handful of the playful and thoughtful recipes that will encourage us to eat, feel and live well include: \* So Hum.Mus, \* Conscious Chicks \* Hatha Hot and Sour Soup \* Reuben Revelation \* Warrior Noodle \* Bird of Paradise Pina Colada \* Buddha Brussels \* Twisted Tacos \* Delightfully Silly Snow Cones The book s forward is written by David Swenson, recognized today as one of the world s foremost practitioners and instructors of Ashtanga Yoga.



**READ ONLINE**  
[ 1.95 MB ]

### Reviews

*Unquestionably, this is actually the greatest function by any author. I was able to comprehend every little thing using this created e ebook. Its been printed in an remarkably straightforward way which is merely following i finished reading this ebook in which in fact altered me, alter the way i think.*

-- **Arianna Witting**

*An exceptional book as well as the font used was exciting to read. It is actually rally intriguing throgh reading time. You will not sense monotony at anytime of the time (that's what catalogues are for about when you ask me).*

-- **Crystel Hagenes**

## Related eBooks



### **Kindergarten Culture in the Family and Kindergarten; A Complete Sketch of Froebel s System of Early Education, Adapted to American Institutions. for the Use of Mothers and Teachers**

Rarebooksclub.com, United States, 2012. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This historic book may have numerous typos and missing text. Purchasers can download a free scanned copy of the original...



### **Weebies Family Early Reading English Book: Full Colour Illustrations and Short Children s Stories**

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Children s Weebies Family Early Reading English Language Book 1 starts to teach Pre-School and Junior Children how to read....



### **Games with Books : 28 of the Best Childrens Books and How to Use Them to Help Your Child Learn - From Preschool to Third Grade**

Book Condition: Brand New. Book Condition: Brand New.



### **Children s Handwriting Book of Alphabets and Numbers: Over 4,000 Tracing Units for the Beginning Writer**

Createspace, United States, 2015. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The Children s Handwriting Book of Alphabets and Numbers provides extensive focus on alphabet tracing and number tracing for the...



### **Games with Books : Twenty-Eight of the Best Childrens Books and How to Use Them to Help Your Child Learn - from Preschool to Third Grade**

Book Condition: Brand New. Book Condition: Brand New.



### **The World is the Home of Love and Death**

Metropolitan Books. Hardcover. Book Condition: New. 0805055134 Never Read-12+ year old Hardcover book with dust jacket-may have light shelf or handling wear-has a price sticker or price written inside front or back cover-publishers mark-Good Copy- I ship FAST with FREE tracking!! \*...