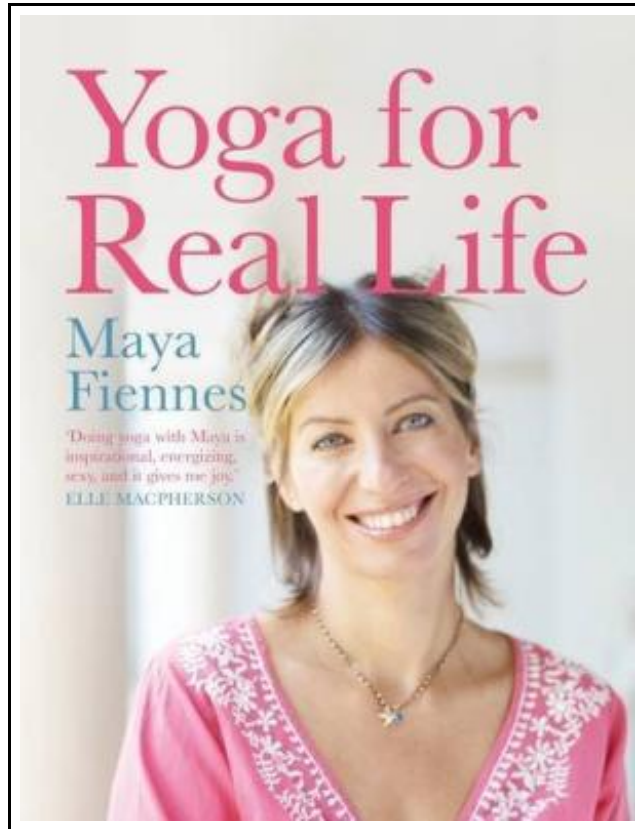


Yoga for Real Life: The Kundalini Method



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Reviews

Extensive manual! Its this type of great read through. Sure, it is actually engage in, nonetheless an interesting and amazing literature. Its been written in an exceedingly simple way and it is simply right after i finished reading this pdf through which basically altered me, affect the way i believe.
(Mrs. Mertie Cummerata)

YOGA FOR REAL LIFE: THE KUNDALINI METHOD



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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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