



## Open to Change: The Power of Reflection in Your Yoga Practice

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By Fran Brunke

iUniverse, United States, 2009. Paperback. Book Condition: New. 198 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Foreclosures. Recession. War. The news overflows with troublesome stories. How can we find tranquility? In the midst of great changes in the world, yoga can point the way to our own deepest truth and peace. Open to Change provides a simple, straightforward approach to evolving a personal yoga practice to new levels of depth and maturity. A practiced yoga teacher, Fran Brunke presents an engaging and down-to-earth guide that will encourage you to look more deeply at the practice of yoga. Brunke revisits twenty-two familiar, basic poses with a radical mindset, using the poses as metaphors for psychological and spiritual aspects of self. These different stances include: Mountain Pose Warrior Pose Seated Forward Bend Bow Pose And many more Brunke's thoughtful commentary offers encouragement and inspiration. Beautiful brush-stroke illustrations clearly show the energy signatures of each pose and give an added dimension to your yoga study. Deepen your yoga practice, become more reflective, and access your inner wisdom with Open to Change.



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