



Breath and Soul

By Mina Gordon-Linhart

Contento Now, United States, 2014. Paperback. Book Condition: New. 216 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Mina Gordon-Linhart writes these stories as a gift to the world after 20 years of teaching yoga. The book merges the principles of yoga with stories of healing, growth, and development. Yoga creates a union between the soul and the body, between movement and breathing, between femininity and masculinity, between giving and acceptance. Body, mind, and spirit come together step by step in this holistic unification. Mina Gordon-Linhart utilizes her vast knowledge and experience in many fields: pregnancy and birthing, geriatric counseling, and coping with illness. Through her stories, Mina turns the process of breathing into something new. She guides the reader down a balanced and moderate path to activate his or her Prana, life force or, connecting the reader to unseen energies which exist inside the heart, the mind, and the solar plexus. Breath and Soul has been conceived out of a desire and a need to heal others - to help them give birth to their own truth, for their own sake.



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Reviews

Merely no phrases to describe. It really is rally intriguing throught reading time. I am happy to tell you that this is basically the greatest book i have go through in my own lifestyle and might be he greatest book for ever.

-- **Kattie Wunsch**

A top quality publication along with the typeface applied was exciting to read through. It can be rally interesting throught reading through time. Your life period will be enhance once you full reading this article book.

-- **Prof. Demond McClure**

Relevant Books



Klara the Cow Who Knows How to Bow (Fun Rhyming Picture Book/Bedtime Story with Farm Animals about Friendships, Being Special and Loved. Ages 2-8) (Friendship Series Book 1)

Createspace, United States, 2015. Paperback. Book Condition: New. Apoorva Dingar (illustrator). Large Print. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.Klara is a little different from the other cows, because she has a very special...



To Thine Own Self

Dog Ear Publishing, United States, 2011. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Carefree and self assured Carolyn loves her life. Her uncle runs the day-to-day details of her company leaving...



Young and Amazing: Teens at the Top High Beginning Book with Online Access (Mixed media product)

CAMBRIDGE UNIVERSITY PRESS, United Kingdom, 2014. Mixed media product. Book Condition: New. 204 x 140 mm. Language: English . Brand New Book. Cambridge Discovery Education Interactive Readers are the next generation of graded readers - captivating topics, high-impact video, and interactive exercises...



Welcome to Bordertown: New Stories and Poems of the Borderlands

BRILLIANCE AUDIO, United States, 2015. CD-Audio. Book Condition: New. Unabridged. 170 x 135 mm. Language: English . Brand New. Audie Award Finalist: Best Short Story Collection Bordertown: a city on the Border between the human world and the elfin realm. A place...



America s Longest War: The United States and Vietnam, 1950-1975

McGraw-Hill Education - Europe, United States, 2013. Paperback. Book Condition: New. 5th. 206 x 137 mm. Language: English . Brand New Book. Respected for its thorough research, comprehensive coverage, and clear, readable style, America s Longest War explores the origins of the...



Index to the Classified Subject Catalogue of the Buffalo Library; The Whole System Being Adopted from the Classification and Subject Index of Mr. Melvil Dewey, with Some Modifications .

Rarebooksclub.com, United States, 2013. 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 usually download a free scanned copy of the...