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Soul to Soul: Poems, Prayers and Stories to End a Yoga Class

By -

Monkfish Book Publishing Company, United States, 2015. Paperback. Book Condition: New. Reprint. 203 x 130 mm. Language: English . Brand New Book. Yoga continues to be a growth industry with an estimated thirty million people in North America now practicing either privately or in most cases with a class. Though the yoga market is fractured by the great number of competing schools and philosophies, what they all have in common is the ending of the session with a period of relaxation coupled with inspiring readings. Soul to Soul fills just this need with a beautiful collection of 150 inspiring perfect-length readings plus tens of quotes that are just right for ending a yoga class or private session. Honoring many spiritual traditions, it s the perfect teaching tool or gift for yoga teachers and practitioners, or for anyone seeking uplifting messages for any occasion. Includes writing by Swami Kripalu, Thich Nhat Hanh, Deepak Chopra, Eckart Tolle, H.H the Dalai Lama, Don Miguel Ruiz, quotes from Rumi, Hafiz, Gandhi, Meister Eckart, Lao Tzu, as well as selections from the Bhagavad Gita, and the Yoga Sutras of Pantajali. Unlike most books intended for yoga teachers, Soul to Soul has strong appeal to teachers...



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