



The Power of Relaxation: Align Your Body, Your Mind and Your Life Through Meditation (Paperback)

By Yogi Ashokananda

Watkins Media, United Kingdom, 2015. Paperback. Condition: New. Language: English . Brand New Book. FREE MANTRA AND MEDITATION DOWNLOADS FOR EVERY READER A PRACTICAL GUIDE TO A HAPPIER HEALTHIER LIFE THROUGH BODY-CENTRED MEDITATION Yoga master Yogi Ashokananda believes passionately that spiritual practice begins with self-acceptance. His joyful focus on the body and on embracing all aspects of life makes his teachings much more accessible than many other spiritual paths. This unique guide to working spiritually through the body (rather than the mind) uses meditations yoga postures and breathing exercises to help you relax into your inner power and achieve total wellbeing.* Learn from an authentic yoga master whose down-to-earth teachings are rooted in ancient Indian tradition but adapted for the 21st century* Use the exercises to relax, de-stress, heal emotional wounds, energize yourself and find inner strength* Grow spiritually through the complete programme of 30 plus exercises, illustrated with step-by-step photographs and easy-to-follow diagrams.



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Reviews

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