



Energy Medicine Yoga: Amplify the Healing Power of Your Yoga Practice (Paperback)

By Lauren Walker

SOUNDS TRUE INC, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book. ?2015 Nautilus Award Winner What is it that makes yoga practitioners feel so good after a session--more so than after other kinds of exercise or stretching? Yoga was created to directly stimulate and move us at the energetic level, teaches Lauren Walker. Yet many of us don t have the time to spare for the kind of extensive regular practice we d need to gain the full benefits yoga was meant to offer. That s why Walker created Energy Medicine Yoga--a breakthrough book that combines yoga with the most effective techniques of energy medicine to vastly increase the healing power of your practice. Created for yoga practitioners of any background or experience--even complete newcomers--this clear, easy-to-use guidebook features: Energy medicine essentials--key concepts about your subtle anatomy and its profound influence on your physical, emotional, and spiritual healthAn eight-week learning plan for working with your body s energy systems--with practices focused on your meridians, chakras, vibrational field, and morePower poses--the most valuable if you do nothing else, do these techniques for each of your body s energy systemsThe 20-minute template--putting it all together to create your...



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