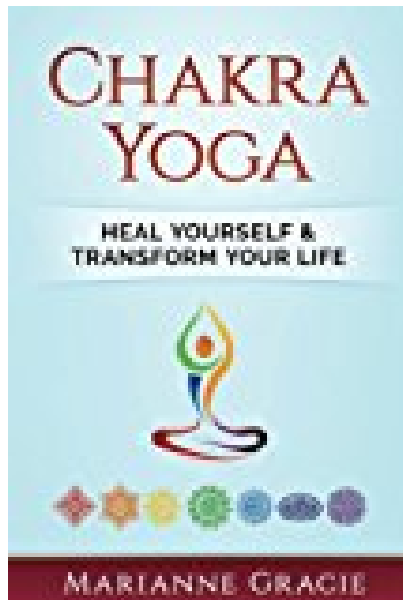


Chakra Yoga Heal Yourself & Transform Your Life Volume 1



BOOK DETAILS

- Author : Marianne Gracie
- Pages : 54 Pages
- Publisher : CreateSpace Independent Publishing Platform
- Language : English
- ISBN : 1541343131

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BOOK SYNOPSIS

The Five Tibetans helps the reader to facilitate the inner work with the powerful combination of the body-strengthening daily practice of the legendary yoga-like poses known as the "5 Tibetans" along with spirit-nourishing stories and metaphors born of seas and rainbows and mountain vistas. As you move through the pages and activities of the book you will discover for yourself the positive effects of performing the rites that have been touted as the "ancient secret of the fountain of youth." You will feel the sand beneath your feet, follow a mountain river on its course, and watch a rainbow dance on the horizon. You will laugh at the panicking pheasants, cheer for the doubtful downhiller, and fall in love with the sixth grade snake-handler. In the mist of it all, Susan Westbrook will gently encourage you to look inward at what she refers to as the "grasping behaviors" that are not serving you and will help you take on thoughts and actions (the healing behaviors) that can facilitate your healing and growth. Regardless of your age or your circumstances, The 5 Tibetans is a book for you, for your body, for your spirit, and for your heart.

CHAKRA YOGA HEAL YOURSELF & TRANSFORM YOUR LIFE VOLUME 1 -

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