



Yoga Mind: Journey Beyond the Physical, 30 Days to Enhance your Practice and Revolutionize Your Life From the Inside Out (Paperback)

By Suzan Colon

SIMON SCHUSTER, United States, 2018. Paperback. Condition: New. Language: English . Brand New Book. Suzan Colon, yoga teacher and former senior editor at O, The Oprah Magazine, digs deep into the spiritual philosophy behind yoga and distills thirty essential components to enrich your practice and revolutionize your life from the inside out. We live in an increasingly stressful world, and we know about the hazardous effects stress can have on our health. But meditating and mindfulness can sometimes seem elusive, unattainable, and impossible to fit into our busy days. Even the word yoga usually makes many people think of complicated, twisty poses-but that's not everything. In its complete sense, yoga is a collection of life lessons for wellness and well-being and a spiritual technology from ancient times that is now more relevant, and necessary, than ever. In Yoga Mind, Suzan Colon shares thirty essential components to increase self-awareness and inner balance to use throughout your day-in traffic, on the train, at your job, and home. She outlines how we can use yoga to cultivate resilience in challenging times, reduce stress, and enrich our relationships with family, work, and ourselves. This guide contains a 30-day program designed to create...



READ ONLINE
[9.1 MB]

Reviews

Merely no phrases to describe. It generally does not price an excessive amount of. Its been designed in an extremely simple way in fact it is simply soon after i finished reading through this pdf through which really altered me, modify the way i really believe.

-- **Natasha Rolfson**

This is actually the finest publication i actually have study right up until now. We have study and so i am confident that i am going to planning to go through again again in the foreseeable future. I am just effortlessly will get a delight of studying a published book.

-- **Lori Bernier**