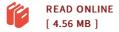




Your Feet Face Forward: An Inspiring Handbook to Life

By Colin Wolpert

Balboa Press, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****. Your Feet Face Forward narrates my holistic journey back from a debilitating spinal nerve tumor to abundant health and happiness. Using the tools of yoga, meditation, visualization, and a change in philosophical perspective, I was able to heal while completely sidestepping traditional medicine. After my diagnosis, I was faced with the devastating prospect of autonomic function loss, with or without surgery. With almost no feeling in my legs and severe, constant pain in my back, I knew there had to be another way. I crawled onto my mat and began a daily practice. Over a period of months, the MRI scans showed the tumor shrinking until it was finally gone. My life was forever transformed, and the powerful momentum of healing launched me onto a new path. I obtained certification as a Hatha, Vinyasa, Restorative, Yin, and Prenatal Yoga instructor and became a yoga teacher trainer. I have since shared my story and inspired positive change, empowering thousands of lives through my classes, yoga teacher training, workshops, and seminars. Your Feet Face Forward can guide you...



Reviews

This book is great. it absolutely was writtern quite properly and beneficial. Its been written in an extremely basic way and it is merely after i finished reading through this ebook in which basically changed me, affect the way i really believe. -- Leopold Schmidt

It is easy in study better to understand. Of course, it is actually play, nonetheless an amazing and interesting literature. I am quickly could possibly get a satisfaction of reading through a published ebook. -- Ms. Lucinda Koelpin

DMCA Notice |Terms