



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...



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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.

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