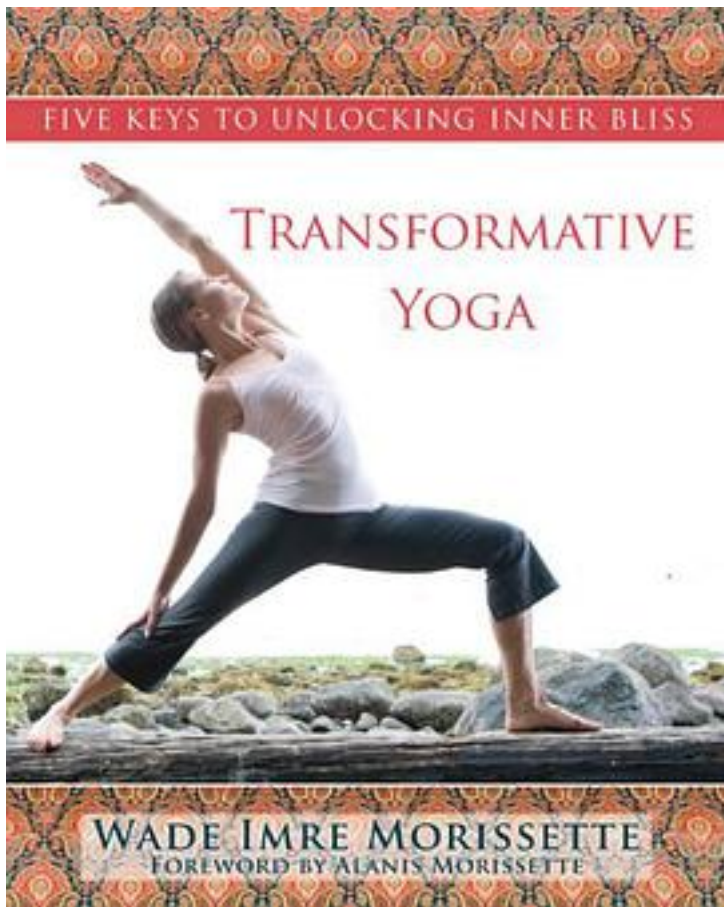


Transformative Yoga



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Yoga can tone your mind the same way it tones your body, enhancing flexibility and building vitality and strength. But only those who discover the spiritual meaning beyond the poses truly benefit from all yoga has to offer. If you are ready to take your yoga practice to new depths by combining your physical practice of yoga with your

deepest consciousness, this book will be your guide. Written by renowned yoga teacher Wade Imre Morissette, Transformative Yoga reveals the key transformative process embedded within the yoga tradition. This book offers a complete set of beginner, intermediate, and advanced yoga posture sequences with photographs, and includes yoga meditations for boosting energy, releasing stress, and accessing your inner bliss. These daily rituals stretch your mind and body to increase your capacity for joy and open you to new opportunities for creating productive changes in your life. So why practice yoga any other way? You can begin right now to transform your yoga practice and transform yourself. "Wade takes us on a transformational journey into the self, from the external and physical to the subtle, energetic, emotional, mental, and blissful bodies that make up who we are."

-Sharon Gannon, yoga teacher and cofounder of Jivamukti Yoga

作者介绍:

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