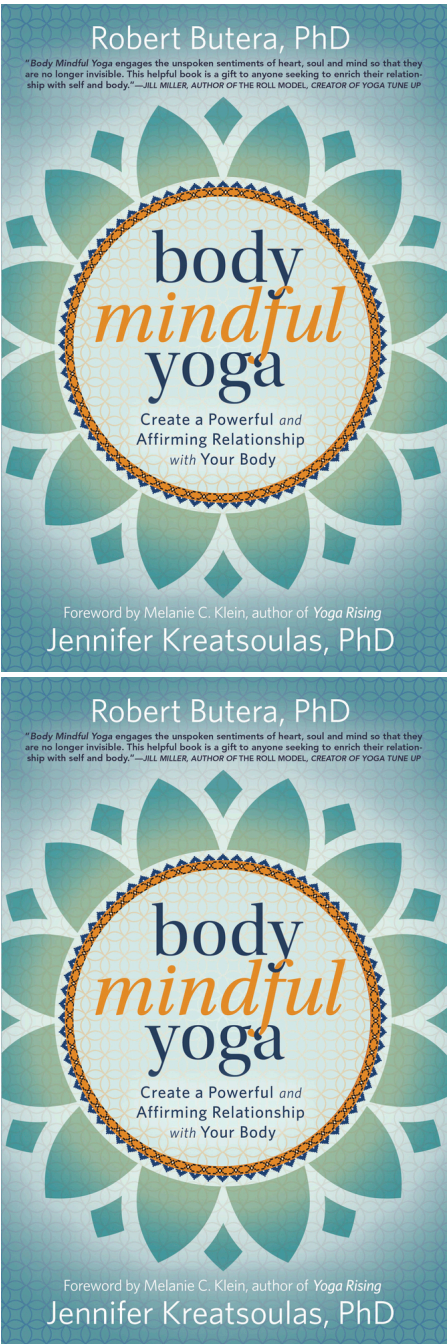


Body Mindful Yoga - Kreatsoulas, PhD & Butera, PhD



Deepen Your Relationship with Your Body

Rating: Not Rated Yet

Price

Salesprice with discount

Sales price \$17.99

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Tax amount

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Description

Transform negative words, thoughts, and beliefs into personal empowerment with the unique approach found in Body Mindful Yoga. Combining insightful Yoga philosophies and simple Yoga practices with the power of language to improve body image, this book's inspiring guidance will empower you to move through the world with an attitude that radiates self-confidence.

Open your eyes to how words affect your body image using four Body Mindful steps: Listen, Learn, Love, and Live. These steps lead to amazing insights through practical techniques, hands-on exercises, and yoga practices. The latter two steps encourage active practice as you improve your inner dialogue and your interactions with others. You will also learn how to apply the teachings and yoga practices of this book to your daily life and continue your personal Body Mindful Yoga journey.

Reviews

There are yet no reviews for this product.