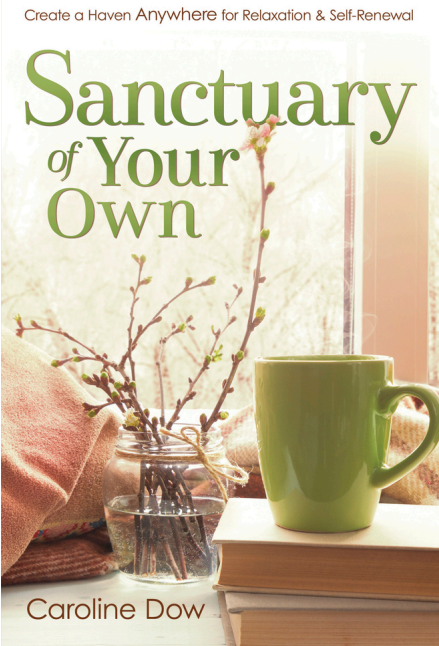
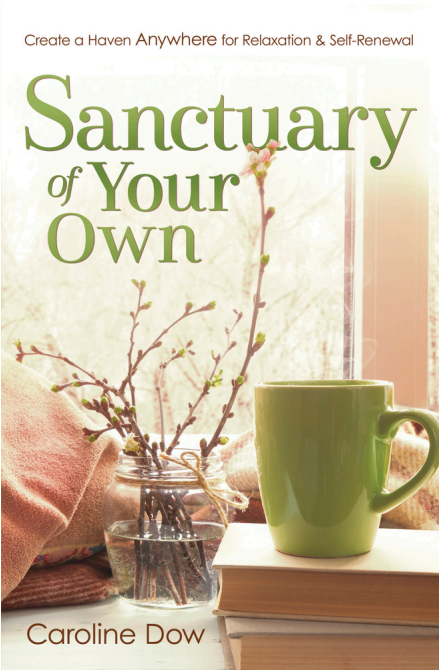


Sanctuary Of Your Own - Dow



CREATE A HAVEN ANYWHERE FOR RELAXATION & SELF-RENEWAL

Rating: Not Rated Yet  
**Price**  
Salesprice with discount

Sales price \$17.99

Sales price without tax \$17.99

Tax amount

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#### Description

Bring a sense of harmony and balance to your environment so that no matter where you are, you can connect with spirit. This book shares insightful techniques for transforming any space into a haven designed to help you achieve serenity and joy.

By engaging your five senses and working with the power of intention, you can create a sacred space anywhere, no matter what your spiritual background is. Sanctuary of Your Own shows how to carve out your own personal refuge at work, in your car, or even in a hotel room. Author Caroline Dow also shares tips for designing your own altar, getting rid of clutter, and establishing spaces to share with family and friends.

Whether you want to facilitate a meditation practice or express your personal interests and cultural background, this accessible guide shows how to take small steps that get big results. With examples from cultures around the world and practical ideas for incorporating colors, fragrances, botanicals, gemstones, textiles, and even special numbers, Sanctuary of Your Own helps you fashion a perfect space where you can feel safe, relax, and rejuvenate.

#### Reviews

There are yet no reviews for this product.