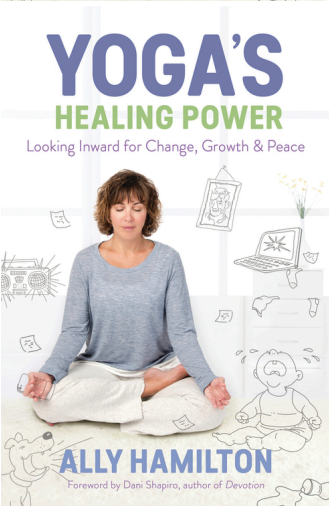
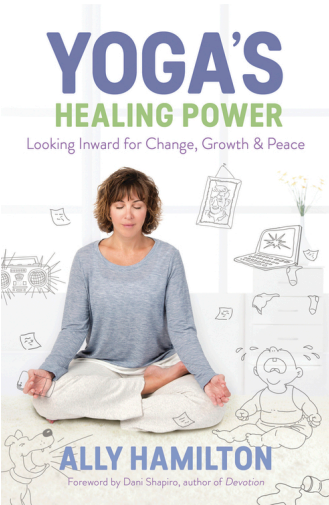


Yoga's Healing Power - Hamilton



Holistic wisdom for sustained peace

Rating: Not Rated Yet

**Price**

Salesprice with discount

Sales price \$15.99

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Tax amount

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Description

Ally Hamilton changed her life with the eight limbs of yoga, a spiritual tradition first recorded in the Yoga Sutras 1,600 years ago. Join Ally as she shows you how to apply the wisdom of this honored tradition to your modern-day life.

Physical poses—*asanas*—are the best-known aspects of yoga, but in the eight limbs practice, healing comes through exploring your relationship to the world and to yourself while learning to recognize the obstacles that block your path. *Yoga's Healing Power* shows how to create the life you want from the inside out, working with your mind and emotions, your body and breath, your memories and your pain. With hands-on exercises, meditations, journaling prompts, and stories of healing, this book helps you uncover your particular gifts and begin to feel joy.

### Reviews

There are yet no reviews for this product.