



Bolster Your Spirit

By Kathy Triplett, Mana Iluna

Abbott Press, United States, 2011. Paperback. Book Condition: New. 214 x 210 mm. Language: English . Brand New Book ***** Print on Demand *****. For those who live on the go and have stress on the rise, Bolster Your Spirit is the perfect antidote. It is time to return to a balanced life where effort is supported by rest and rejuvenation. These beautiful postures will allow your body to open effortlessly, your mind to experience stillness, and your spirit to nourish both. These pages hold many possibilities for finding your way to harmony. The gentle postures are the keys to entering a new space where you are able to embrace and replenish your self and to Bolster Your Spirit. Mana and Kathy are continuing to help others heal. This time it is for all who are tired, weary, and tense. The restorative poses described in this book, when practiced regularly, will ease your tensions, your breath and just make you feel dashed good! - Aadil Palkhivala, JD, CYT, AHSP, Yoga Master Bolster yourself and bolster your yoga library with this easy-to-use restorative yoga manual. . The clear photographs and detailed instructions allow new students to develop their practice and feel safe...



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