



Breatheyourombalance: Writings about Yoga by Women (Paperback)

By -

Thorncraft Publishing, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.BreatheYourOMBalance: Writings about Yoga Volume One celebrates the life-changing practice of yoga in fiction, nonfiction, and poetry. Author S. Teague is joined by 30 contributors in this debut volume. From gong meditations to yoga teacher training programs abroad, from new parents who want to instill confidence in their children to women who are reclaiming their lives after loss, these writers reveal how yoga created new pathways of self-awareness and creative expressions. BreatheYourOMBalance: Writings about Yoga by Women is an incredible collection of individual experiences that speak to the collective journey via the practice of yoga. These pages are full of all the feelings; the highest highs and the lowest lows. As one starts to reflect on their own practice, the feelings become tangible, they resonate, and we relate. Each piece reminds us why we step on the mat and why we take that breath. --SHAUNA HARRISON, PhD in Public Health, creator of the #SweatADay challenge, Under Armour(R) Trainer BreatheYourOMBalance is a pleasure to read. A book of writings by women, about women, it shows our struggles, challenges, and many victories. Through a yoga...



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Reviews

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