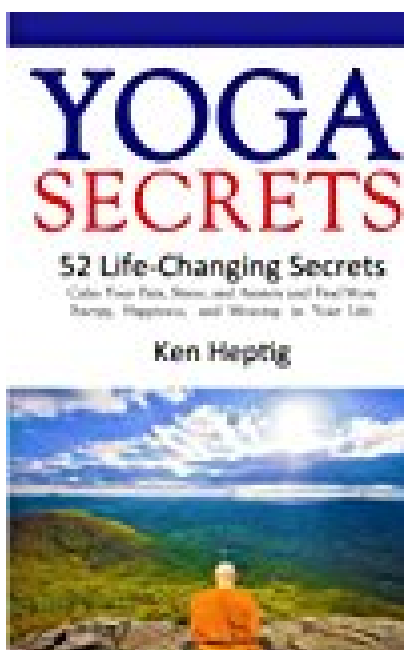


Yoga Secrets 52 Life-Changing Secrets Calm Your Pain Stress and Anxiety and Find More Energy Happiness and Meaning in Your Life. Volume 1



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BOOK SYNOPSIS

Yoga Secrets: 52 Life-Changing Secrets. Calm your pain, stress, and anxiety and find more energy, happiness, and meaning in your life. Create lasting happiness in your life. Enjoy more success and meaning. Learn to overcome the daily challenges from health, work, and relationships. These 52 easy to use lessons follow the ancient wisdom of the Eight Limbs of Yoga from the Yoga Sutras. The lessons can help open your heart on your journey toward enlightenment and joy. Ken Heptig presents a system with 52 lessons, refined while teaching thousands of yoga classes. He improved the lessons for simplicity and clarity until his students could absorb the lessons while practicing different levels of yoga. This book is suitable for anyone with or without a physical practice of yoga. You can use the lessons on your own or add them to a group activity like sporting events, classrooms, and certainly yoga classes.

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