



## My Yoga Time (Paperback)

By Nicole Aristoteli

My Yoga Time, United States, 2012. Paperback. Condition: New. David Simpson (illustrator). Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. My Yoga Time offers a corresponding manual to the My Yoga Time DVD Volume 1. The manual provides a detailed reference for each asana practiced in the Volume 1 classes. The booklet and DVD combined is intended to enhance one s awareness of what is happening on all levels, bridging the gap between the physical, metaphysical and spiritual. A reference guide for one s evolving practice. The first part of the booklet discusses the physical benefits, both externally and internally (over the body s systems), also providing further details on alignment. While the second part of the booklet investigates the subtle (energetic) body, prana and metaphysics. Purchase the My Yoga Time DVD s, booklet and CD for a complete home practice package.



**READ ONLINE**  
[ 5.69 MB ]

### Reviews

*This is basically the best ebook we have study right up until now. it absolutely was writtern very properly and useful. You may like how the blogger write this ebook.*

-- Cecil Zemlak DVM

*The most effective book i ever read. I really could comprehended almost everything out of this published e ebook. You wont truly feel monotony at at any time of your respective time (that's what catalogs are for regarding should you ask me).*

-- Rusty Kerluke

## Related Books



### **Alfred s Kid s Piano Course Complete: The Easiest Piano Method Ever!, Book, DVD Online Audio Video**

Alfred Music, United States, 2016. Paperback. Book Condition: New. 292 x 222 mm. Language: English . Brand New Book. Alfred s Kid s Piano Course is a fun method that teaches you to play songs on the piano right away. This complete...



### **No problem child issues: the secret dedicated to children's learning**

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Pages Number: 181 Publisher: China Economic Times Press (formerly the China Audit Publishing House) Pub. Date :2009-1-1. Now. under the pressure...



### **All My Fault: The True Story of a Sadistic Father and a Little Girl Left Destroyed**

Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, All My Fault: The True Story of a Sadistic Father and a Little Girl Left Destroyed, Audrey Delaney, 'I could see what he was doing to the other girls because he had been doing...



### **Hi. my animal friends (all six) - delicate. warm. lovely style archives(Chinese Edition)**

Hardcover. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.HardCover. Pub Date: Unknown Pages: the full 6 Publisher: China Children Press List Price: 185.40 yuan of: (English) Lu card with...



### **Some of My Best Friends Are Books : Guiding Gifted Readers from Preschool to High School**

Book Condition: Brand New. Book Condition: Brand New.



### **What is in My Net? (Pink B) NF**

Pearson Education Limited. Book Condition: New. This title is part of Pearson's Bug Club - the first whole-school reading programme that joins books and an online reading world to teach today's children to read. In this book, Zac and Daisy are fishing....