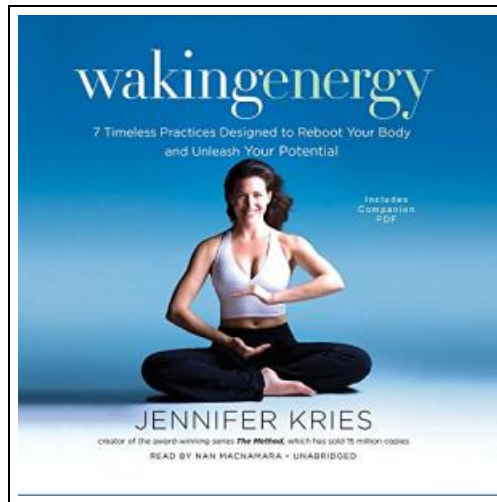


Waking Energy: 7 Timeless Practices Designed to Reboot Your Body and Unleash Your Potential



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Reviews

*This kind of book is every little thing and taught me to looking ahead of time and a lot more. I am quite late in start reading this one, but better then never. I found out this book from my dad and i encouraged this pdf to find out.
(Justus Hettinger)*

WAKING ENERGY: 7 TIMELESS PRACTICES DESIGNED TO REBOOT YOUR BODY AND UNLEASH YOUR POTENTIAL



Harperelixer, 2017. CD-Audio. Condition: New. Unabridged. Language: English . Brand New. Modern life is stressful and depleting. We all want more energy, but choosing among the variety of wellness practices can be overwhelming. Now, with Waking Energy, Jennifer Kries s life-changing wellness program, you don t have to. Instead, Waking Energy features seven distinct practices that can either stand alone as their own complete rituals, or as parts of a whole, including: QiGong - Kundalini Yoga - Yin Yoga - Vinyasa Yoga - Five Tibetans - Pilates - Inner Smile - Healing Sounds - Meditation. Combining the best of Western athleticism, Eastern philosophies, and ancient practices from the greatest wisdom traditions, Waking Energy invites you to develop a level of energy mastery that will empower, enliven, enlighten and engender true transformation in your health, spiritual richness, and longevity and: develop the body you ve always dreamed of; liberate the hidden power of your mind; find the peace of mind you crave; unleash focus and concentration; learn the tools to live your very best and longest life. Each chapter focuses on one tradition, succinctly explaining the historical background of the practice; its philosophy; the relevant exercises and movement sequences (illustrated with photographs of Jennifer demonstrating the postures)--and includes a quick reference guide for daily practice. Jennifer also offers step-by-step advice for combining the techniques to truly transform your health, fitness, spiritual insight, and longevity. With simplicity, clarity, and grace, Waking Energy shows you how to experience a joyful connection to yourself and tap into an astonishing reserve of power to create your healthiest, most vibrant self.



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