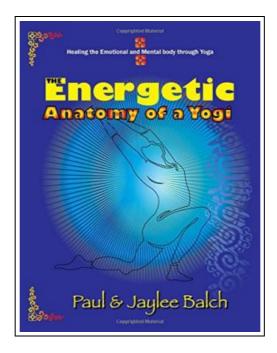
# The Energetic Anatomy of a Yogi: Healing the Emotional and Mental Body through Yoga (Paperback)



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# Reviews

It is great and fantastic. I actually have read and so i am certain that i am going to going to go through once again yet again in the future. I realized this ebook from my dad and i encouraged this book to find out.

(Dr. Kayden Gerlach)

# THE ENERGETIC ANATOMY OF A YOGI: HEALING THE EMOTIONAL AND MENTAL BODY THROUGH YOGA (PAPERBACK)



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Strategic Book Publishing, United States, 2013. Paperback. Condition: New. Language: English. Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Each and every Yogi seeks something about themselves which could make all the difference. Just that subtle hint or an ecstatic revelation of what they may be seeking. Whether it is healing or solace, affirmation or great change, this first of its kind oracle deck brings that wisdom to the yogi! website: Paul and Jaylee Balch reside in Australia and lecture around the world. We wanted to share our wealth of knowledge that we have absorbed over 35 years, helping people heal, and re-connect with their true essence. The Energetic Anatomy of a Yogi is an evolution in yoga, empowering teachers and practitioners while taking their life to a profound new level of healing and understanding. - Paul G. Balch It is filled with a wealth of knowledge on the emotional body, that we all endure not only on our mat but in life. Having more knowledge and understanding of each posture and exactly which chakra is being activated and which emotions can arise, is truly insightful - Jo H. (yoga studio owner) Every now and then we get an opportunity to take part in something that will uplift and inspire us while enriching our yoga practice. In rare cases these events can even change the directions of our lives. Paul and Jaylee Balch with their knowledge in The Energetic Anatomy of a Yogi, are this rare opportunity!! Bryony K. (yoga studio owner) Anatomy of a Yogi with Paul Jaylee Balch was one of the best posture clinics I have ever attended. The information they shared helped me learn a great deal about myself and my students/clients. They have a wealth of knowledge that is best shared. Enjoy them! -...



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