



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

By Jennifer Kries

HarperCollins Publishers Inc, United States, 2017. Hardback. Condition: New. Language: English . Brand New Book. Discover your most ageless, energized, joyful self with renowned mind-body-spirit innovator and fitness and wellness expert Jennifer Kries s Waking Energy, a groundbreaking program that synthesizes the greatest wisdom traditions of the East, from Qigong to Meditation. Modern life can be stressful and depleting. We all want more energy, but choosing among the variety of wellness practices can be overwhelming. Now, with life-changing wellness program Waking Energy, you don t have to. Instead, Waking Energy features seven distinct practices that can stand alone as their own complete rituals, or as parts of a whole, including: Qigong, Kundalini Yoga, The Tibetan Rites, Pilates, Yin Yoga, Inner Smile and Cosmic Healing Sounds, and 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 * unleash your greatest focus and concentration * learn the tools to...



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