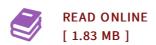




The Yoga of Relationships: A Practical Guide for Loving Yourself and Others

By Yogi Amrit Desai

Monkfish Book Publishing Company, United States, 2015. Paperback. Book Condition: New. Reprint. 224 x 152 mm. Language: English . Brand New Book. World-renowned yoga master Amrit Desai melds ancient wisdom with modern practicality as he offers piercing insight into the nature of relationships as a road map to fulfillment. The appendix includes outline of the basic life-observances of yoga, guidelines for day-to-day living, and meditations on healing relationships. Yogi Amrit Desai is recognized as one of the pioneers of the authentic teachings of yoga in the West. Today he oversees the Amrit Yoga Institute in Salt Springs, Florida, with its many affiliate branches and teachers in North America and Europe. He travels extensively giving talks and workshops.



Reviews

A really amazing pdf with perfect and lucid reasons. This really is for anyone who statte there was not a worth reading through. Your daily life span is going to be transform when you comprehensive looking at this book.

-- Malachi Braun

It in a of my personal favorite book. It really is filled with wisdom and knowledge Your daily life period will likely be enhance the instant you total looking at this pdf.

-- Mr. Rocio Schroeder Sr.