



Yoga Affect: A Primer for a Beautiful Life (Volume 1)

Sandra Zuidema

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Take an unprecedented look at yoga--and its numerous benefits for body, mind, and inspiring a purposeful life--with author Sandra Zuidema's comprehensive new book, *Yoga Affect*. While much has been made of yoga's physical benefits, the same cannot be said of its power to improve mental and spiritual wellness--until now. Sandra's experiences from yoga teacher trainings, seminars, workshops, ashrams, and travel to India convinced her to break down complex albeit neglected history, research, and therapies of yoga science. She starts at the beginning--from ancient origins to cutting-edge scientific research--guiding readers through modern developments, such as healing chronic disease, addiction recovery, and pain management. All the while, Sandra leads you down your path of truth, encouraging you to discover how yoga can spark a chain reaction of health and well-being, one that first affects you, then others--broadening influence, awareness, and inspiration. And now you can shift theory to experience with the companion book, *Yoga Affect: A Guided Journal*, where you will find essential details and writing prompts encouraging you to dig even deeper.

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This Yoga Affect: A Primer for a Beautiful Life (Volume 1) book is simply not ordinary book, you have it then the world is in your hands. The benefit you get by reading this book is definitely information inside this publication incredible fresh, you will get info which is getting deeper you read a lot of information you will get. That Yoga Affect: A Primer for a Beautiful Life (Volume 1) without we know teach the one who studying it become critical in considering and analyzing. Don't become worry Yoga Affect: A Primer for a Beautiful Life (Volume 1) can bring if you are and not make your case space or bookshelves' become full because you can have it inside your lovely laptop even phone. This Yoga Affect: A Primer for a Beautiful Life (Volume 1) having very good arrangement in word along with layout, so you will not sense uninterested in reading.

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