



Kundalini Yoga Massage: Seven Steps to Activate the Seven Chakras and Power People's Prana (Hardback)

By Dr Gita Kalipershad-Jethalal

iUniverse, United States, 2015. Hardback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Unleash the power within you! Dramatically improve your health! Bring purpose, enthusiasm, energy and abundance into your life! This unique book, written for the beginner and seasoned practitioner of Yoga, outlines in simple, readable language a new and innovative approach that combines two ancient arts of Yoga and Massage to activate and access the innate, self-healing power that resides in all human beings. Kundalini Yoga Massage embodies the philosophy and the science behind yoga and also provides practical techniques to remove physiological blockages and unlock the innate life force that lie dormant in all human beings. Author Dr. Gita Jethalal, who has more than forty years of experience in the health care field, combined with a lifetime of yoga knowledge, discusses the new and innovative seven-step massage technique that focuses on stimulating the seven chakras within the spinal column. A practical book for those who wish to improve their physical, mental and spiritual well-being, Kundalini Yoga Massage reveals the history, philosophy, and science behind yoga and focuses on integrating and unifying the science of the West with the...



READ ONLINE
[1.57 MB]

Reviews

Extensive guide for ebook lovers. It generally does not cost excessive. Your way of life span will likely be convert the instant you complete looking at this ebook.

-- Rocky Dach

Certainly, this is the very best work by any author. It is amongst the most remarkable publication i have got study. I am just happy to inform you that this is actually the greatest pdf i have got study inside my individual daily life and can be he very best publication for at any time.

-- Gilbert Rippin