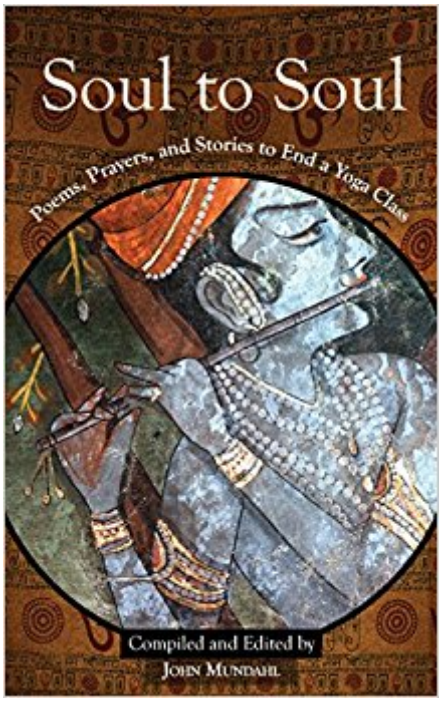
Ebook Directory
the best source of ebook

The book was found

Soul To Soul: Poems, Prayers And Stories To End A Yoga Class



PDF
Adobe
DOWNLOAD EBOOK

Synopsis

Yoga continues to be a growth industry with an estimated thirty million people in North America now practicing either privately or in most cases with a class. Though the yoga market is fractured by the great number of competing schools and philosophies, what they all have in common is the ending of the session with a period of relaxation coupled with inspiring readings.Soul to Soul fills just this need with a beautiful collection of 150 inspiring perfect-length readings plus tens of quotes that are just right for ending a yoga class or private session. Honoring many spiritual traditions, it’s the perfect teaching tool or gift for yoga teachers and practitioners, or for anyone seeking uplifting messages for any occasion. Includes writing by Swami Kripalu, Thich Nhat Hanh, Deepak Chopra, Eckart Tolle, H.H the Dalai Lama, Don Miguel Ruiz, quotes from Rumi, Hafiz, Gandhi, Meister Eckart, Lao Tzu, as well as selections from the Bhagavad Gita, and the Yoga Sutras of Pantajali. Unlike most books intended for yoga teachers, Soul to Soul has strong appeal to teachers in nearly any tradition, and to a wider range of their students.John Mundahl has been a yoga teacher and practitioner for over thirty-six years. He was a resident at the original Kripalu Yoga Ashram in Sumneytown, Pennsylvania, from 1977Ã¢â ¬â œ1981, the four years of Swami Kripalu’s remarkable stay. He is the author of twelve books, including From the Heart of the Lotus, the Teaching Stories of Swami Kripalu. He lives in St. Peter, Minnesota.

Book Information

Paperback: 202 pages

Publisher: Red Elixir; Reprint edition (September 15, 2015)

Language: English

ISBN-10: 1939681421

ISBN-13: 978-1939681423

Product Dimensions: 6.1 x 0.5 x 8 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 11 customer reviews

Best Sellers Rank: #87,835 in Books (See Top 100 in Books) #19 inÃ Â Books > Religion & Spirituality > Worship & Devotion > Prayerbooks #170 inÃ Â Books > Health, Fitness & Dieting > Exercise & Fitness > Injuries & Rehabilitation #261 inÃ Â Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga

Customer Reviews

John Mundahl: John Mundahl has been a yoga teacher and practitioner for 36 years. He was a

resident at the original Kripalu Yoga Ashram in Sumneytown, Pennsylvania from 1977-1981, the four years of Swami Kripalu's remarkable stay in the United States. He is a retired ESL public school teacher, return Peace Corps Volunteer, an Ayurvedic Health Care Educator and the author of 12 books including: Tales of Courage, Tales of Dreams, a collection of short stories. From the Heart of the Lotus, the Teaching Stories of Swami Kripalu, Soul to Soul: Poems, Prayers and Stories to end a Yoga Class, A Sunrise of Joy, the Lost Darshans of Swami Kripalu, and The Swami Kripalu Reader, Selected Works from a Yogic Master. His short stories appear in his book: Through the Looking Glass, Stories and Poems from the Road. His poems appear in his book: The Awakening, Poems of Love and Joy for the New Earth. He has served in the Peace Corps three times, in Venezuela, Romania and Costa Rica. He lives in southern Minnesota.

I have used this during savasana and breath work recently and it simplified my planning time and added easy access to finding inspiration to share with my students! Love this.

A nice reading or theme for every day of the year. This book is especially for someone who talks in front of people, wanting to share a take away message.

Wonderful for teachers

I teach at two yoga studios and have used the book a lot to offer some inspirational thoughts during Meditation. The book has been very helpful!!

This book has some really great tidbits to use in a yoga class. I have used it a lot and my students are always asking me about the book.

Great book for reading poems!

very nice collection of poems and stories to share at the end of a yoga practice!

This is a truly amazing work.

Download to continue reading...

Total Mind and Body Fitness (Yoga ... Books) (Meditation and Yoga by Sam Siv 3) Yoga: The Yoga Beginner's Bible: Top 63 Illustrated Poses for Weight Loss, Stress Relief and Inner Peace (yoga for beginners, yoga books, meditation, mindfulness, ... self help, fitness books Book 1) Yoga: 21 Essential Yoga Poses to Strengthen Your Body and Calm Your Mind (FREE Meditation Bonus!): (Meditation,Yoga Poses, Relaxation, Stress Relief,Yoga for beginners) PRAYERS: THE 45 TRANSFORMATIONAL MORNING PRAYERS: Every Christian Will Find Energy and Encouragement in These Morning Prayers (Inspirational Christianity Self Help Life Application) Earth Prayers: 365 Prayers, Poems, and Invocations from Around the World Yoga: The Top 100 Best Yoga Poses: Relieve Stress, Increase Flexibility, and Gain Strength (Yoga Postures Poses Exercises Techniques and Guide For Healing Stretching Strengthening and Stress Relief) Yoga Mama, Yoga Baby: Ayurveda and Yoga for a Healthy Pregnancy and Birth Yoga: A Man's Guide: The 30 Most Powerful Yoga Poses to Sharpen Your Mind and Strengthen Your Body (Just 10 Minutes a Day!, Yoga Mastery Series) Easy YOGA GUIDE for beginners: Simple 46 Hatha Yoga Poses for Body and Mind (Yoga for Beginners Book 1) How to Sneak More Yoga Into Your Life: A Doable Yoga Plan for Busy People (Yoga for Busy People) Yoga con cuentos: Como ensenar yoga a los ninos mediante el uso de cuentos (Cuentos Para Aprender Yoga) (Spanish Edition) Ultimate Hip Opening Yoga Guide: Exercises for Tight Hips & Hip Pain: 4-Week Yoga Guide w/ Videos (Beginner Yoga Guides Book 1) Shadow Yoga, Chaya Yoga: The Principles of Hatha Yoga Glimpses of Raja Yoga: An Introduction to Patanjali's Yoga Sutras (Yoga Wisdom Classics) Yoga Sastra: The Yoga Sutras of Patenjali Examined; With a Notice of Swami Vivekananda's Yoga Philosophy (Classic Reprint) Angel Bear Yoga: Adventure Stories- Children's stories that are perfect for relaxation, sleep time or kid's yoga. Bedtime Stories for Kids: Short Bedtime Stories for Children: (Bedtime Stories for Babies, Bedtime stories for Kids Ages 4-8, Uncle Nick's Bedtime Stories ... (Uncle Nick's Bedtime Stories for Kids) National Geographic Book of Animal Poetry: 200 Poems with Photographs That Squeak, Soar, and Roar! (Stories & Poems) Prayers That Break Curses and Spells, and Release Favors and Breakthroughs: 55 Powerful Prophetic Prayers And Declarations for Breaking Curses and Spells and Commanding Favors in Your Life.

Contact Us

DMCA

Privacy

FAQ & Help