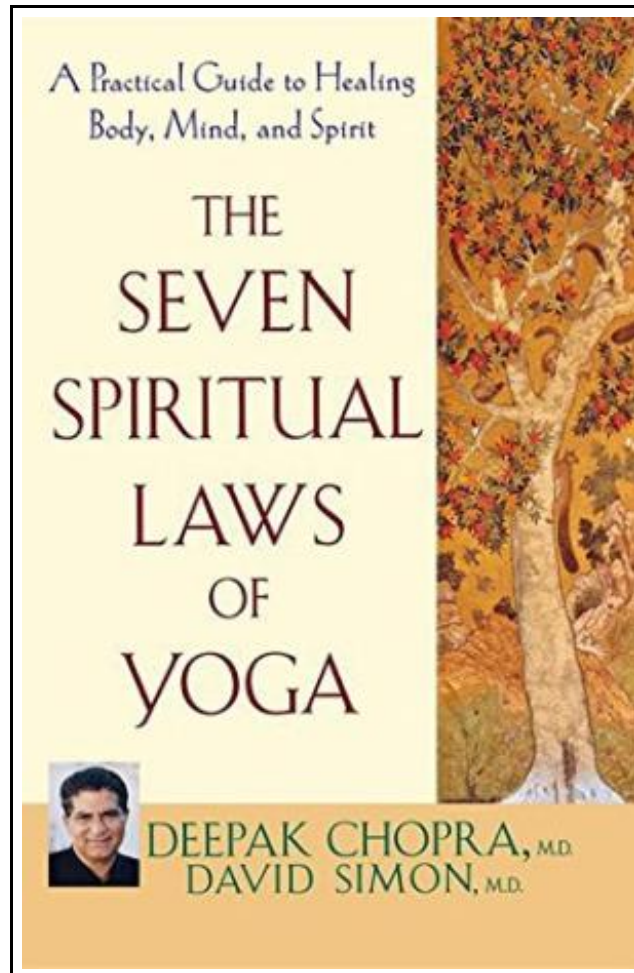


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Reviews

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Turner Publishing Company. Paperback. Book Condition: new. BRAND NEW, The Seven Spiritual Laws of Yoga: A Practical Guide to Healing Body, Mind, and Spirit, Deepak Chopra, David Simon, Winner of the Nautilus Award "This book takes yoga out of the mysterious and into the wonderful world of the practical. You will want to start your yoga practice immediately after reading the first pages of "The Seven Spiritual Laws of Yoga"." - Dr. Wayne W. Dyer, author of "The Power of Intention", "Manifest Your Destiny", and "Real Magic". "The Seven Spiritual Laws of Yoga is a spiritual gem, the kind of book that seems to take you by the hand and guide you into clarity and peace." - Marianne Williamson, author of "A Return to Love", "Everyday Grace", and "Illuminata". The remarkable benefits of yoga, which include improved flexibility, balance, muscle tone, endurance, and vitality, only hint at the extraordinary power of this deeply spiritual practice. When adhered to and practiced mindfully, yoga can unlock your full creative potential, your capacity for love and compassion, and your ability to find success in all areas of life. "The Seven Spiritual Laws of Yoga" brings spirituality back to yoga. Chopra and Simon show how the Seven Spiritual Laws play a crucial role in yoga's path to enlightenment while providing you with a wealth of meditation techniques, mantras, breathing exercises, and marvelous yoga poses. Whether you are a newcomer to yoga or an experienced practitioner, "The Seven Spiritual Laws of Yoga" is a portal to yoga's deeper spiritual dimension and a beautiful step to a happier, more harmonious, and more abundant life.



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