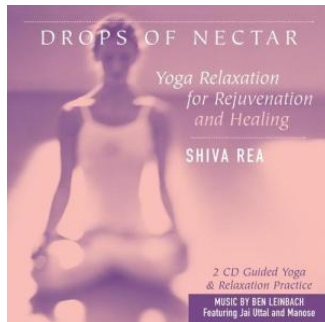


Download Doc

DROPS OF NECTAR: YOGA RELAXATION FOR REJUVENATION



SOUNDS TRUE INC, United States, 2003. CD-Audio. Condition: New. Abridged. Language: English. Brand New. One of the great pleasures of yoga is the relaxation session or shavasana traditionally offered at the end of a class. When taught skillfully, shavasana invokes the flow of energetic nectar down the spine to permeate the entire body with blissful energy. Now, with Drops of Nectar, yoga practitioners can experience this rejuvenating dimension of yoga at home and at their convenience. Taught by acclaimed instructor...

Read PDF Drops of Nectar: Yoga Relaxation for Rejuvenation

- Authored by Shiva Rea
- Released at 2003



Filesize: 4.4 MB

Reviews

Very useful to any or all group of folks. It really is rally interesting throug reading through period of time. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Mrs. Dorris Wintheiser**

The ebook is fantastic and great. I am quite late in start reading this one, but better then never. I am just effortlessly could possibly get a enjoyment of looking at a created ebook.

-- **Mr. Kevin Herzog**

Very good e-book and beneficial one. I am quite late in start reading this one, but better then never. I am effortlessly could get a pleasure of looking at a written book.

-- **Alphonso Beahan**