



Mandala Yoga - A Journey Along the Chakras: From Rooting to Growth

Orly Shaya

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Focus Your Creative Presence

Mandala Yoga - a multi-dimensional journey

Yoga postures are the embodiment of positive states of consciousness. For example, spreading our arms wide open expresses the expansion of our vessel; "in-gathering" postures hone our ability to focus our attention; reversed postures open us to new angles of vision.

Both yoga and the mandala are magical tools for bringing us back to the experience of beauty and peace in perfect harmony of all our powers: physical, emotional, mental and spiritual. The art of coloring the mandalas as well as the yogic practice effect an experience of alignment, concentration, meditation and healing.

These pages offer a process of enriching your imagination and internalizing the essence of each posture and each energy center in your body in a way which is gradual and whole. This process emphasizes the power of focus as an instrument for creating your reality and invites adding the colors and shapes to your practice.

Mandala Yoga is not a technique. It is an inner language, a means, which guides us to enrich, empower and foster the awakening of our inner presence. Let this book take you on a journey into yourself, opening your spine as a channel between you and the universe. Marvel at the astonishing intelligence of your body and celebrate it!

This book is a wonderful gift for yoga practitioners, teachers, holistic therapists, artists and anyone interested in the life process of discovering one's own true self.

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Lee Flynn:

A lot of people always spent their particular free time to vacation or go to the outside with them friends and family or their friend. Did you know? Many a lot of people spent these people free time just watching TV, or perhaps playing video games all day long. If you want to try to find a new activity here is look different you can read the book. It is really fun to suit your needs. If you enjoy the book that you simply read you can spent all day long to reading a publication. The book Mandala Yoga - A Journey Along the Chakras: From Rooting to Growth it doesn't matter what good to read. There are a lot of people that recommended this book. They were enjoying reading this book. Should you did not have enough space to develop this book you can buy the e-book. You can more simply to read this book through your smart phone. The price is not very costly but this book provides high quality.

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