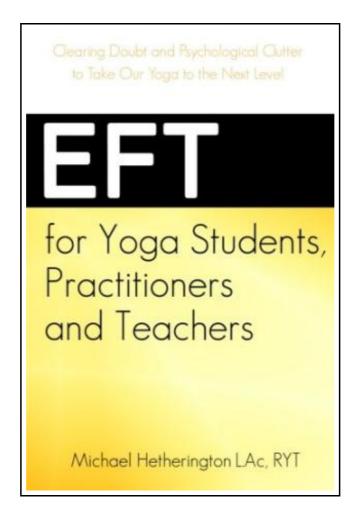
Eft for Yoga Students, Practitioners and Teachers: Clearing Doubt and Psychological Clutter to Take Our Yoga to the Next Level (Paperback)



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Reviews

This pdf might be well worth a study, and a lot better than other. It really is simplistic but excitement inside the fifty percent in the book. Its been printed in an exceedingly straightforward way which is just after i finished reading this ebook through which really modified me, modify the way i believe. (Derick Brekke)

EFT FOR YOGA STUDENTS, PRACTITIONERS AND TEACHERS: CLEARING DOUBT AND PSYCHOLOGICAL CLUTTER TO TAKE OUR YOGA TO THE NEXT LEVEL (PAPERBACK)



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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. The purpose of this book is to clearly explain what EFT is and how to use it, particularly in the context of yoga-related stress. Once we can effectively address and clear the blocks that hinder our yoga practice, we will naturally be supported with a greater source of balanced energy, increased clarity, inner confidence and power. This book is designed to be more of a workbook than a book of words and concepts. The goal here is to get you to start working with EFT as soon as possible with a clear understanding and to provide you with the tools so you can apply it right away to enhance your yoga practice. This book will help to clear many of the common blocks and limitations experienced by yoga practitioners at all levels. This book will show you how to dissolve stress and anxiety related to: - Lacking motivation and commitment to yoga - Being easily distracted in class - Public speaking (teaching yoga) - Having poor self body image - Fears related to injuries and much more.

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