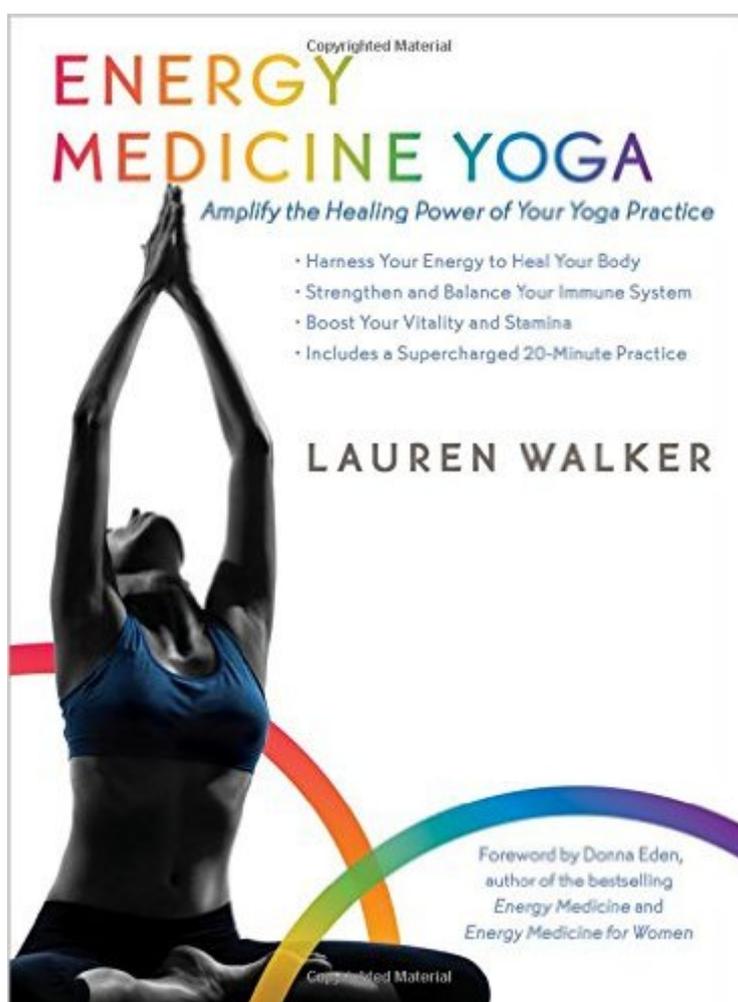


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Energy Medicine Yoga: Amplify The Healing Power Of Your Yoga Practice



Synopsis

2015 Nautilus Award Winner What is it that makes yoga practitioners feel so good after a session "more so than after other kinds of exercise or stretching? "Yoga was created to directly stimulate and move us at the energetic level," teaches Lauren Walker. Yet many of us don't have the time to spare for the kind of extensive regular practice we need to gain the full benefits yoga was meant to offer. That's why Walker created Energy Medicine Yoga "a breakthrough book that combines yoga with the most effective techniques of energy medicine to vastly increase the healing power of your practice. Created for yoga practitioners of any background or experience "even complete newcomers" this clear, easy-to-use guidebook features: Energy medicine essentials "key concepts about your subtle anatomy and its profound influence on your physical, emotional, and spiritual health An eight-week learning plan for working with your body's energy systems "with practices focused on your meridians, chakras, vibrational field, and more Power poses "the most valuable "if you do nothing else, do these" techniques for each of your body's energy systems The 20-minute template "putting it all together to create your own custom-made, supercharged daily practice Lauren Walker has adapted the renowned energy medicine methods pioneered by her own teacher, Donna Eden, so they integrate seamlessly into yoga movements and postures. "Energy medicine yoga teaches you to take the things you're doing now, layer them together with complementary techniques, and exponentially increase the benefits of your practice," Walker explains. "You'll learn to work smarter, not harder" so you can have a healthy body full of energy, zest, and joy for what life has to offer."

Book Information

Paperback: 224 pages

Publisher: Sounds True; 1 edition (October 1, 2014)

Language: English

ISBN-10: 1622032462

ISBN-13: 978-1622032464

Product Dimensions: 0.5 x 7 x 10 inches

Shipping Weight: 14.4 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars See all reviews (33 customer reviews)

Best Sellers Rank: #56,434 in Books (See Top 100 in Books) #85 in Books > Health, Fitness & Dieting > Alternative Medicine > Energy Healing #218 in Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga #288 in Books > Health, Fitness & Dieting > Alternative Medicine >

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Customer Reviews

Good book! I would highly recommend it! In my view this would have been a great book if only it had more pictures. Ms. Walker is a skilled writer still pictures would have greatly enhanced the instructions tenfold. A lot of times I was so frustrated trying to figure out what she was saying I just stop reading. I'm not saying it need to be a comic book but with those exercises pictures would be preferable to a mostly written description.

I have been waiting for this book to be released and I must say... It was WORTH THE WAIT! Lauren Walker combines two practices that are near and dear to my heart, Energy Medicine as taught by Donna Eden and the practice of yoga. My first yoga teacher explained the practice of yoga as the science of self-mastery and that the goal was to increase and balance our prana (energy) to enhance our lives. Practicing EMY as Lauren has shared it will help take your practice to a whole new level.

A very powerful book. Combining energy with yoga in a format that is very understandable. It allows the yoga practitioner to use their power to send their energy to a specific area of the body needing healing. Lauren also describes how you can direct your energy as a general tuneup for the internal organs with and without a asana posture. Attended her workshop at Integral yoga and enjoyed having an opportunity to do a practice session. Good timing for this book release. Our healthcare system is promoting self care and maintaining a healthy body, mind and soul. Melodie Mellor

Our fitness center offered a Energy Medicine Yoga class - taught by Lauren Walker. Before this class I knew very little about Energy Medicine. After the first evening was over I knew, that this was something very special and it kept being special to the very end. A lot has changed for me to the better since I do my daily practices - physically and emotionally. Lauren's book is structured like the 8 week yoga class. For people who are not able to be in the classroom with her, can still learn all of it by reading her book and following the practice on their own. What a great combination this is: The benefits of Yoga amplified with the healing powers of Energy Medicine. Doesn't get better than this! Thanks Lauren!

A great way to combine the best of your yoga practice and energy medicine practices. This book is very helpful in explaining the way that energy works in the body, and using energy flow to enhance

your practice. Recommend!

I really like this book. It is jam packed with helpful information. I have taken a few yoga classes over the years and I am familiar with Donna Eden's energy medicine techniques through reading her books. I enjoy doing yoga and feel that Donna's work is very valuable and worthwhile. To be sure, I am far from proficient at either discipline, but using my limited experience I managed to figure out what Lauren was trying to teach...I think. Without some experience in both disciplines I believe this book would be very confusing, but that is not the authors fault. She does an admirable job of trying to tell her story in a comprehensible way. If you enjoy yoga and are familiar with Donna Eden's work then I believe you will enjoy reading this book and find it well worth the money. Actually committing to the program without a scheduled class is another story. I believe most people will find that difficult. I hope to be more consistent with it someday because I truly believe Lauren is on to something here and I am grateful to her for writing this book. In summary, I think this book is a wonderful resource and I am glad I bought it, but it is not for everyone. The exercises can be challenging, but, I believe, also worthwhile. I especially like her "most bang for your buck" power poses and feel that this book also has plenty of "bang for your buck."

So far so good. I think the melding of Donna Eden's take on energy healing and Lauren's heartfelt Yoga experience is brilliant. Should be a big help to practitioners whose practice time is limited and teachers that want greater gains for their students.

well-written, very usable information. A great intro to understanding how to access energy centers and incorporating energy work with yoga.

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