

With the freshness of a memoir, author and yoga teacher Christina Sell draws upon her first visit to an extraordinary temple in southern India to present basic principles of yoga. Beyond the ordinary aims of yoga as a means of stretching and strengthening, or even for being happier or more centered, *My Body is a Temple* is an instruction manual for dedicating oneself to a life of the spirit, in and through the vehicle of the human body. The body as a temple is a common metaphor within many spiritual traditions. In this book, Christina Sell delves into the "how and why" of this widely accepted comparison. *My Body Is a Temple* will encourage readers to listen to and honor the body; and to enter more fully into their everyday lives to see that each activity contains a Divine blueprint for success. It will help any yoga student to reclaim the raw materials and energy, always already present, to build his or her body as a temple-to provide refuge and sanctuary for themselves and inspiration for others. While the author's tradition is that of Anusara Yoga, a strongly heart-centered approach, the book is written for any hatha yoga aspirant or practitioner. Her commitment is to traditional yogic practices and ideals, without being rigid. *My Body Is a Temple* is a vital and realistic treatment about the process of human change and transformation. *Beyond Fitness ... Yoga is a Means of Self-Honoring and Spiritual Transformation* This book will be well-used by both students and teachers of yoga. It should be included in all yoga and fitness centers and in popular library collections.

Outlines of the First Course of Yale Agricultural Lectures (Large Print Edition), Concise System of Orthopaedics and Fractur, A Perfect Doms Guide to BDSM Relationships (Sissy Boy Feminization Training), Circle It, Dog Facts, Book 1, Pocket Size, Word Search, Puzzle Book, Theatrum Majorum: The Cambridge of 1776, Wherein Is Set Forth an Account of the Town, and of the Events It Witnessed; With Which Is Inco, Shaun White (The Worlds Greatest Athletes), Blue y tu, detective de colores (Blue and the Color Detectives) (Blues Clues (Stickers N Shapes)) (Spanish Edition),

*My Body is a Temple: Yoga as a Path to Wholeness* (Paperback) - Common [By ( author) Christina Sell] on toonicons.com \*FREE\* shipping on qualifying offers.

*My Body Is A Temple: Yoga As a Path to Wholeness*. BY Christina Sell. The body as a temple is a common metaphor within many spiritual traditions. In this book.

The body as a temple is a common metaphor within many spiritual traditions. In this book, author and yoga teacher Christina Sell delves into the how and why . *My Body is a Temple: Yoga as a Path to Wholeness* by Christina Sell books do you recommend if a student wants to learn more about the philosophy of yoga?. This course meets online for a live session 23 times over the course of one year. Between sessions, we will utilize a blog-style forum for ongoing discussion.

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