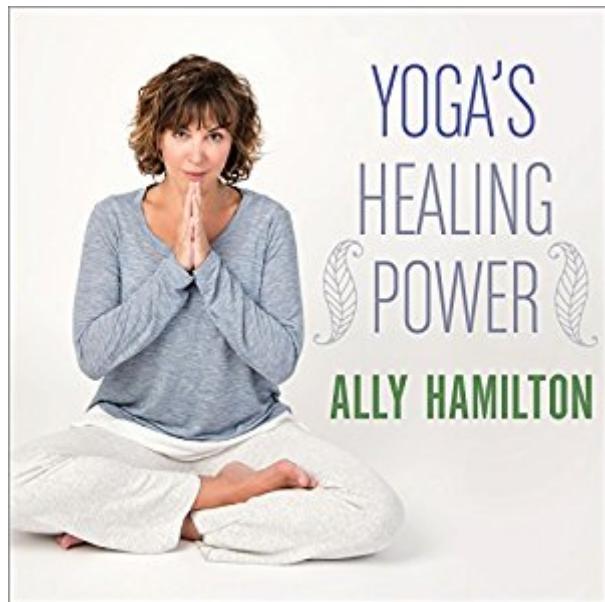


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# **Yoga's Healing Power: Looking Inward For Change, Growth, And Peace**



## **Synopsis**

Join popular teacher and blogger Ally Hamilton as she explores the eight limbs of yoga practice that are integral to the healing process. Facing yourself and doing the work to heal takes bravery and strength, but it's absolutely possible. *Yoga's Healing Power* shows you how to overcome patterns that aren't serving you and find sustained peace. Physical poses, seated meditation, and breathwork are the best-known aspects of yoga, but in the eight limbs practice, healing comes through a more holistic approach that takes into account ways we relate to ourselves and the world, discernment, clear seeing, and obstacles that block our path. Sharing step-by-step instructions and inspiring stories of healing, this book helps you tap in to your own intuition, uncover your particular gifts, and begin to experience joy.

## **Book Information**

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## **Customer Reviews**

I don't mean to say that she's obsessive, but she's not your average yoga instructor. Yogic practices permeate every facet of her existence. That's also not to say that she's some enlightened guru looking down from her pedestal. In *Yoga's Healing Power*, Hamilton is as real as it gets. She lays bare her own intimate struggles and how each relates to one of the eight limbs of yoga, which are guidelines for leading a purposeful life. While each experience is deeply personal, there is a good chance you, the reader, have encountered a similar situation in your own life. Each of the limbs also includes the yamas and niyamas. If you're starting to tune out at this point with all these yoga buzzwords coming at you, don't stress. Prior to reading *Yoga's Healing Power*, despite the years I've

spent "namastaying" right along with countless instructional videos, I thought of yoga as really good stretching. I didn't realize there is an entire philosophy behind it and it can truly be a way of life. Hamilton is skilled at explaining how each limb, with all its yamas and niyamas, can help you lead a more fulfilled existence. Each chapter closes with meditations, journal prompts, and yoga poses. You're not just an observer to Hamilton's personal strife. She leads you right into how each tenet can be applied to your own experience and how you can overcome lingering wounds. There's practically a full therapy session in each chapter. That's the core lesson of the book - to look inward for ultimate and lasting healing. It's much more than an instructional guide to yoga poses. It's a path to self awareness, gratitude and inner peace. The author serves the prompts, but the reader does the legwork.

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