

Yoga Dogs 2018 12 X 12 Inch Monthly Square Wall Calendar Animals Humor Dog Multilingual Edition

What happens when Cooper, a newly adopted puppy, takes up residence in Henry's home? The little pooch sure is adorable, but who knew he had so much to learn! Love Me Gently is a kid's guide to man's best friend. It captures the everyday challenges of raising a pup through a child's eye. But who is teaching who? Henry may be coaching Cooper, but he is also discovering valuable lessons about responsibility, unconditional love, patience, and kindness along the way!

Are chronic diseases such as diabetes, cardiovascular problems, and joint pains troubling you? Are anxiety, depression, and anger and other such emotions bringing you and your performance down? Are you constantly on medications for digestion and respiratory issues? If you answer "yes" to any of the above questions, you are probably suffering from an imbalance of energy in your subtle, non-physical body. So, what is the subtle body? In many spiritual traditions, the subtle body is the sacred or the immortal body. It never dies and when the physical body dies, your subtle body merges into the universe. It comprises of the intelligence, mind and ego, aspects that control the human physical

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body. The terms "aura" and "chakras" refer to parts of your subtle plane of existence. These are usually seen by the mind's eye and not your physical eyes. Disturbances in your auric field or imbalances in the flow of energy through the chakras manifests as physical, mental, and emotional disorders in the physical world. Mostly, when people fail to heal their physical bodies with modern medicine, the only solution is to turn towards healing the non-physical subtle body. Just by working on balancing your chakras and your energy field called aura you will notice that your chronic disorders are much under control, your emotions are much balanced, and you are spiritually more connected to the universe and your Higher Power. Don't wait until you fall ill to begin taking care of your chakras and aura. Take action now and start learning about chakras and the subtle body. This comprehensive guide is perfect to get you started on this journey. It will help you learn about what are chakras, what the 7 main chakras are, and how to strengthen your aura and radiate strong, positive and healthy energy by opening or balancing your chakras. You will also find a chakra test here that will help you find out which of your chakras is imbalanced. There is also an exclusive section on the third eye for people interested in awakening it and promoting their intuitive and psychic abilities.

This charming book hilariously illustrates that yoga

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Isn't just for people anymore! A Sloth persuing total relaxation and mindfulness meditation demonstrate classic poses that would seem impossible to achieve, were it not for the photographic proof presented here. These sloth yogis are in no rush to complete their yoga sequence, it often takes an entire month just to complete a single pose. Sloth Yoga takes this popular meditative practice to a new level of Zen. Yes, yes, and yes! Paired with inspiring Zen, yoga and meditation quotes, Sloth Yoga is posed to inform and delight all human practitioners of the ancient discipline. What a unique way to bring humor and relaxation into someones life by giving them this unique book as a gift.

>b>Despite being abandoned, I became the luckiest dog in the world! You don't need to speak dog to understand my inspiring story and learn about love, hope, trust, and care. My name is Bud, and this is my story. Since I don't have thumbs, I had to get help to write my true and exciting story because I wanted to share with children age ten and up why I think I am the luckiest dog in the world. Bud's story will warm your heart and hopefully awaken your senses to the "what-if," your dog could talk. What does your dog call you and what does your best friend (dog) think about life? This book is also for those who might wish for a dog and want to learn more about the process of adoption. Pet adoption is something that is dear and near to the author's heart,

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and she is happy to donate a portion of every sale to, "Pup and Cat Company," a local non-profit humane society.

Put together this 1000 piece family puzzle from Mudpuppy to reveal a series of playful "Hot Dogs" that represent each letter of the alphabet. This fun and eye-catching design is by Carolyn Gavin. The pieces come packaged in a sturdy and easy-to-wrap box, perfect for gifting, reuse, and storage. - 1000 pieces - Assembled puzzle measures: 20 x 27" (25 x 68.6 cm) - Package measures: 8.25 x 11.25 x 2" (25.7 x 21.6 x 5 cm) - Contains small parts: not suitable for children under 3 - Puzzle greyboard contains 90% recycled paper. Packaging contains 70% recycled paper. Printed with nontoxic inks

You don't have to go to the yoga studio to practice yoga. Grab your mat and discover the power of yoga for yourself. Perfect for beginners! With straightforward language and easy-to-follow steps, Yoga Fitness for Men will teach you how to execute the yoga postures you need for greater endurance, flexibility, balance, and strength. Prop the book in front of your mat and let the full-color, step-by-step photography guide you through everything you need to know for an effective yoga practice. Get your body moving, maximize athletic performance, restore your muscles from daily aches, reduce post-workout soreness, and help prevent injuries. Mobility is one of the most important, yet overlooked elements of

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your fitness, which is why professional athletes are making yoga a regular part of their fitness routines; and GQ, HuffPost, and Men's Health have all advocated yoga for men. Stretching and strengthening with yoga to improve mobility is proven to help you increase your gains in the gym, prevent and relieve aches, and help you beat your competition on the field. You'll find that incorporating yoga into your training will help you get stronger, play harder, and feel better. Here is what you'll find in this amazing beginner's guide: 25 yoga workouts, and over 50 key postures so yoga can make you stronger, fitter, and more mobile. Visual modifications show you how to tailor the pose for your body. A dashboard for every pose explains what you should and shouldn't be feeling in your body while doing the pose. Workouts and multi-week programs are tailored to your specific performance and health goals, such as increased core strength, restoration from hours of sitting, rotational power, or back pain relief.

Learn how to sit, stay, and roll over with this fully illustrated, "delightful" guide to yoga starring man's best friend (Shutterbug magazine). Inspired by a friend's mastiff who would imitate his master's morning yoga routine, photographer Dan Borris created Yoga Dogs, a full-color collection of forty-five different dogs and puppies doing human yoga poses. Don't worry: No animals were harmed during

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the making of these images; their extreme flexibility is the result of clever digital trickery. The curious, humorous, and distinctly original pictures are paired with useful information about the poses, as well as some funny canine meditations. “A fresh and highly entertaining visual treat,” Yoga Dogs is perfect for any yogi of the two or four-legged variety (Shutterbug magazine).

Yoga Dogs ABRAMS

In *Malamute Man: Memoirs of an Arctic Traveler*, Joe Henderson, who came to Alaska in search of adventure, finds himself on a remarkable journey exploring the Arctic with his Alaskan malamute sled dog team. He ventures into one of the most brutal environments on earth where extreme subzero temperatures are a constant reminder of mortality, and the will to survive is unselfishly shared by both man and dog. Together, they must fend off charging grizzly bears, endure powerful blizzards, and suffer the horror of plunging through thin ice. Joe's gripping tales of perseverance and his fearless, free-spirited dogs are both humorous and astonishing.

A New York Times bestseller from the yoga instructor who inspires more than one million followers on Instagram every day. Whether she's practicing handstands on her stand-up paddleboard or teaching Downward-Facing Dog to the masses, Rachel Brathen—Instagram's @Yoga_Girl—has made it her mission to share inspirational messages with people from all corners of the world. In *Yoga Girl*, Brathen takes

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readers beyond her Instagram feed and shares her journey like never before—from her self-destructive teenage years in her hometown in Sweden to her adventures in the jungles of Costa Rica, and finally to the beautiful and bohemian life she's built through yoga and meditation in Aruba today. Featuring spectacular photos of Brathen practicing yoga with breathtaking tropical backdrops, along with step-by-step yoga sequences and simple recipes for a healthy, happy, and fearless lifestyle—Yoga Girl is like an armchair vacation to a Caribbean spa.

Having earned her official SAR (Search and Rescue) vest in *Sierra Becomes a Search Dog*, our hero is called upon to save the day once more. Sierra has grown since her last adventure and the little Golden Retriever puppy's sense of smell is better than ever! This time, it's Ted who needs help: his free-spirited roommate Fred has gone missing! After a whiff of Fred's stinky sneaker Sierra sets out on another exciting search, full of twists and turns, humor and suspense. Will she find Fred while he dances to the beat of his own drum? With whimsical rhyme, colorful illustrations, and educational facts, *Sierra the Search Dog Finds Fred* is the second in a series of books for all who love dogs and adventure. The series, *Sierra the Search Dog*, is inspired by the author's own experience training and leading SAR dogs and is dedicated to the memory of his real-life canine partner. A tongue-in-cheek guide to "dogic" principles features photographs of canine masters Benny, Buster, and Cricket demonstrating key postures, from the "Downward-Facing Dog" to the restorative "Pup's Pose," in a guide

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that offers guidance to humans on how to build on a yoga practice. Original. 45,000 first printing.

A collection of short stories along with poems to express a college woman's encounters with the three most important men in her life thus far. In this book the reader will go on a journey living the love and heart breaking experiences the author writes of and eventually being guided to the self loving woman she is today. These poems represent love, honesty, heart break, and realization.

Welcome to the world of Doga, where your best friend can help you get more from your yoga sessions.

Involving your dog in yoga sessions can help you develop your yoga practice, as well as being an entertaining and fun way to bond with your pet. Doga provides a mindful connection with your dog as you mimic your pet's breathing patterns and have to stay controlled throughout the pose to ensure your pet's comfort. As an activity it de-stresses your dog and creates a wonderful sharing and nurturing experience.

Classic yoga postures such as the Warrior Lunge and the Downward-Facing Dog are adapted so that your pet can participate. Full-color photographs alongside practical step-by-step guides show clearly how to do each of the poses in this fun and unique take on yoga.

Mahny Djahangiri is a certified yoga teacher. Since 1999 she's been teaching and leading international Ashtanga Vinyasa and kids' yoga workshops in London and Switzerland. Over the last three years Mahny has developed and taught Doga to enthusiastic classes in the UK and to her clients, who include TV celebrities and

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famous musicians.

This stylish 2018 Planner Weekly Monthly Planner Calendar Appointment Book with is designed for yoga lovers. 6" x 9" in size and available in different yoga themes (yoga animal - cat and dog too). Full

Specifications : -International Edition for use in any country -6 x 9 inches weekly and monthly planner -12-month calendar for Year 2018 for easy reference in 12 sheets of monthly calendar -108 pages of weekly calendar sheets with To-Do List column - 14 pages to record important dates for 2018 and personal notes

-Matte cover lamination - Leather texture theme minimalist cover design for class and elegance A perfect gift for friends and loved ones and yoga fans.

Follow these feline instructors, and you will surely become fit and flexible! This unique book is full of cats which look like they are practicing yoga poses, so adorable that you cannot help but follow them and move your body. This book shows you how to pose correctly through full-color large photographs and easy-to-follow instructions supervised by an acclaimed (human) teacher. Always keep this book near you, and you will be relaxed and amused.

A rainy day and a class full of restless students present a challenge for Mrs. Fox. Her plan to keep the children occupied turns into an indoor adventure that has the whole school buzzing by the end of the day. The students get the chance to show their creative side, learn new things, and have big fun doing it. It's a delightful tale that pet lovers of all ages

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will enjoy.

This book revisits the early systemic formation of meditation practices called 'yoga' in South Asia by employing metaphor theory. Karen O'Brien-Kop also develops an alternative way of analysing the reception history of yoga that aims to decentre the Eurocentric and imperialist enterprises of the nineteenth-century to reframe the cultural period of the 1st – 5th centuries CE using categorical markers from South Asian intellectual history. Buddhist traditions were just as concerned as Hindu traditions with meditative disciplines of yoga. By exploring the intertextuality of the Patañjalayogasastra with texts such as Vasubandhu's Abhidharmakosabhasya and Asanga's Yogacarabhumisastra, this book highlights and clarifies many ideologically Buddhist concepts and practices in Patañjala yoga. Karen O'Brien-Kop demonstrates that 'classical yoga' was co-constructed systemically by both Hindu and Buddhist thinkers who were drawing on the same conceptual metaphors of the period. This analysis demystifies early yoga-meditation as a timeless 'classical' practice and locates it in a specific material context of agrarian and urban economies.

Trick-or-treat! It's Halloween, but Pepper the Peppy Puppy can't seem to find her boy. Will she find him before the night is over? The Halloween Hunt is a delightful and clever tale that engages both young children and adults. Children will love learning how

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to read as they follow the humorous Halloween adventure of our brave little corgi. Make sure to keep an eye out for all of the fun surprises throughout Pepper's journey!

Craving yoga's benefits but unable to perform even the simplest postures? Think yoga is only for rubber-limbed supermodels? If your yoga practice is giving you more stress than stress relief, *Cool Yoga Tricks* is the answer to your prayers. Although it seems like everyone from Madonna to your eighty-three-year-old Uncle Teddy is practicing yoga, most of us are unable to do even the simplest classic yoga poses without undue stress and strain. Now in this clear, understandable, easy-to-follow book, Miriam Austin offers alternative yoga routines that help you reap the greatest rewards from your yoga practice, and she reveals shortcuts to help you perform yoga like a pro. Using everyday items, such as chairs, walls, and blankets, Miriam Austin shows how those of us with normal flexibility limitations can experience the very real benefits of yoga—without dislocating our joints, overstretching our muscles, or giving up in frustration. She makes the basics simple, doable, and down-to-earth. *Dog Tricks*—lengthen your spine more fully with these Downward Facing Dog tricks, designed to relax your neck, shoulders, and back—and make your Dog Pose much more lovable. *Befriending Backbends*—increase your preztibility with a little help from your friends—and from some

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garden-variety folding chairs. Tweaking Your Twists—learn the techniques that will stretch your spine and give you more life energy. Super Stretches—feel as limber as your average bowling ball? Gently coax your muscles to new lengths by practicing the routines in this chapter.

This Cute Shih Tzu Journal is the perfect gift for yourself or any Dog and Yoga lover. Other details include: 100+Pages High Quality White Paper Journal lined with space for the Date on each Page. Beautifully Designed Soft Cover with Matte Finish Perfect 6"x9" Inches (15.24 x 22.86 cm.) Make sure to look at our other products for other journal ideas. An uplifting, lighthearted, and compelling memoir that recounts the author's lifelong spiritual journey. The grief from the passing of his mom is transformed to gratitude, forgiveness, and joy as he moves along the healing path with the help of his dog, Roy. Along the way, the author, Daniel Hertz, becomes a devoted meditation practitioner and an award-winning teacher and counselor. A pivotal part of the journey is a nearly monthlong stay at a mountain shrine in India where Hertz meets a swami who eventually arranges his marriage. The story merges lively classroom scenes from his thirty-one years as a teacher and counselor in the Minneapolis Public Schools with his twenty-six-year adventure as a student and faculty member at the Meditation Center in Minneapolis. Looking back over his life, Hertz

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sees that true healing began when he accepted that the one thing in life certain to happen is change.

This Cute Yorkie Journal is the perfect gift for yourself or any Dog and Yoga lover. Other details include: 100+Pages High Quality White Paper Journal lined with space for the Date on each Page. Beautifully Designed Soft Cover with Matte Finish Perfect 6"x9" Inches (15.24 x 22.86 cm.) Make sure to look at our other products for other journal ideas. With 100+ fun activities for you and your child to do together, Yoga for Kids (and Their Grown-Ups) creates meaningful ways to connect while teaching them the concepts of yoga and mindfulness. Doing yoga with your child is a special way of spending time with them. Yoga for Kids offers simple guidance for playful activities to help you bring the benefits of yoga and mindfulness into your child's life.

Regardless of your own skill level, Yoga for Kids has practices and techniques that you and your child will be able to enjoy. As a former teacher and certified yoga instructor, Katherine Priore Ghannam has seen firsthand the positive affects of teaching yoga to kids. In Yoga for Kids, Katherine shows you exactly how to teach your child to disconnect from distractions and connect with themselves--right at home. Yoga for Kids includes: Over 100 engaging activities, including essential poses, breathing exercises, meditations, yoga games, and more Clear illustrations of every pose and sequence Kid-friendly

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language to name and describe poses From down dog to walking meditations, Yoga for Kids provides everything you need to teach your child yoga and mindfulness techniques. With Yoga for Kids your child will learn healthy ways of playing with their bodies--and with you.

This fully-illustrated New York Times bestseller categorizes an astonishing 2,100 yoga poses through photographs and descriptions for optimal benefit including adaptations for all levels of expertise and ages. A thoughtful, inspiring, meticulously-crafted guide to the practice of yoga, 2,100 Asanas will explore hundreds of familiar poses along with modified versions designed to bring more healthful options to yogis of all experience and ability. Organized into eight sections for the major types of poses -- standing, seated, core, quadruped, inversions, prone, supine and backbends -- and each section gently progresses from easy to more challenging. Each pose is accompanied by the name of the pose in English and Sanskrit, the Drishti point (eye gaze), the chakras affected and primary benefits.

Bovine fascination with yoga is sweeping pastures throughout the world. Cows are turning to this ancient discipline in herds to reap the benefits of relaxation, improved flexibility, and increased milk production. Impossible? One might think so if this fascinating book didn't provide photographic proof of Guernseys, Holsteins and other contented cows demonstrating 45 classic yoga poses including: Downward Facing Bovine (Udder Moooca Svavasana) and Salutation (Hooven

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Skyhigh). Each amazing full-color photograph is accompanied by an inspiring quotation to motivate readers on their own path to self-fulfillment.

GREAT GIFT IDEAS | COLOURING BOOKS FOR GROWN-UPS This incredible Adult Coloring Book by best-selling artist This book is the perfect way to relieve stress and while enjoying beautiful and highly detailed images. Product Details: Printed single sided on bright white paper Perfect for all coloring mediums High quality paper Large Size format 8.5" x 11.0" pages

This book reflects fun lessons for kids in a style like Aesop's fables. Talking dogs do yoga and have adventures learning how to make friends, take care of books, and stop bullies. They learn how to get along in a diverse community of dogs. Yoga Dog, trained by Great Dane Patanjo, is their leader, but he must learn how to make friends and be a friend.

This condensed guide is written to help you to get familiar with defensive and offensive tools, techniques and procedures of IT security. GIAC is one of the highly respected certification bodies in IT security area.

Although candidates don't require a specific training for a GIAC certification, they are expected to demonstrate solid skills and knowledge which can be built in different ways. With this book and experience you will gather through completing the exercises within, you can pursue the certificate of your choice from GIAC, Mile2, EC-Council or other institutes.

What does 2018, Chinese Year of the Earth Dog have in store for you? Will your family prosper? Will our dreams start to become reality? We all wonder about the future.

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This book is a comprehensive guide to what is coming up for you in 2018. Chinese Astrologer, Feng Shui Expert, and Author Donna Stellhorn's popular annual series of predictions and Feng Shui cures is now in its eighth year. She does the research and offers the most useful insights into the things you can do to improve your luck in the areas of love, money, career and much more. Her instructions are based on thousand-year-old traditions, and are easy to follow once you are aware of them. And they work! You can increase your good fortune, your good luck potential, and attract what you want into your life. This year Chinese Astrology 2018, Year of the Earth Dog includes predictions for every month for each and every Chinese Zodiac sign. You'll find tips on these topics and many more: * Finding new love or supporting your existing relationship * Financial opportunities and career/job prospects * Home and family (as well as tips for increasing fertility energy) * Energy surrounding legal matters and education * You and your family's protection and safety, and much more! You'll have access to this comprehensive information, right at your finger tips! In "Chinese Astrology: 2018 Year of the Earth Dog" you will find more than just predictions. You'll find easy-to-follow guidelines to help you work with specific Feng Shui Cures for each individual Chinese Zodiac Sign. This book also contains: * Mercury Retrograde dates and tips * Solar and Lunar Eclipse dates and information * 2018 Flying Star predictions Chinese New Year begins mid-February 2018, but that's just the beginning of this exciting year! You'll want to know how to bring in luck, love and prosperity energy all

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year long. This is the best book you will find that reveals forecasts for every aspect of your life in the coming year 2018. "Chinese Astrology: 2018 Year of the Earth Dog" will be your invaluable tool on the way to reaching the the next level of personal success and fulfillment. Author Donna Stellhorn has included two special bonus sections in this book. First, the bonus chapter on the 144 compatibility combinations in Chinese astrology can help you find out who you click with; and then you can discover tips about the best things to do when you want a relationship with someone to work out. Another chapter explores how to work with gemstones and crystals, and offers instructions on how to energize them. You can use this information to make the crystals and gemstones you already own more powerful and more effective. Imagine yourself a year from now...you're at a party, talking to some people you've just met. They are frustrated and worried about their jobs, their relationships, and whether or not they will have the money they need in the future. You listen and sympathize but inside, you feel very happy and very blessed. Why? Because a year ago you took the time to review what was ahead for you. You took some simple steps to improve your situation. You took action to create positive luck for yourself and your loved ones. Now you are in a whole new place in your life. And it feels great! Get your copy of "Chinese Astrology: 2018 Year of the Earth Dog" now, and make the most of this opportunity to get ahead in your life! Yoga Dogs Deck & Book Set features the delightful animal photography and clever digital craft of Dan Borris. The set includes 44 cards and a full color 96-page

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guidebook that explains the yoga poses and their benefits, with step-by-step instructions for practicing each yoga pose. Yoga Dogs includes some pups that are playful and others that are pensive, yet each one shares a message of yoga wisdom to guide you through these fun yoga challenges. This warm and fuzzy deck may inspire you to sit, stretch and roll over! Cat lovers check out Yoga Cats Deck & Book Set. Alison DeNicola is a yoga teacher, energy healer and author of Mudras For Awakening the Energy Body and Mudras for Awakening the Five Elements. Dan Borriss, the creative mind behind Yoga Dogs and Yoga Cats, has worked as a photographer in the advertising and music industries, including Sony and Atlantic Records. His photographs have appeared in Vanity Fair, Rolling Stone, Smiths

Albert the Great was born in Swabia, the son of a military nobleman. He was a Dominican priest who taught theology in Cologne and Paris. His most distinguished student was Saint Thomas Aquinas. Albert was called "Doctor universalis" because his breadth of knowledge spanned not only philosophy and theology but all the natural sciences. He was a dedicated student of nature, and although he argued that the physical world can only be known reliably through observation and comparison, Albert distinguished between truths, which are naturally knowable, and mysteries, which cannot be known without revelation. People can only reach God through Himself - that is, by leaving behind the entanglements of earthly things and contemplating Him exclusively. The image and reality of God's incarnation in Jesus gives human beings the opportunity to attain a more perfect

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knowledge God through contemplation. Albert refers to the teaching of St. Peter, "Cast all your anxiety on him, because he cares for you."

Yoga Cats Deck & Book Set features the delightful animal photography and clever digital craft of Dan Borris. The set includes 44 cards and a full color 96-page guidebook that explains the yoga poses and their benefits. Also provided are step-by-step instructions for practicing each yoga pose along with insightful messages. Yoga Cats are lithe and limber, sweet and silly, and each one presents inspirational insight for on and off the mat. This deck is purrfect for cat lovers, yoga lovers, and all those looking for reasons to smile. Dog devotees check out Yoga Dogs Deck & Book Set Alison DeNicola is a yoga teacher, energy healer and author of Mudras For Awakening the Energy Body and Mudras for Awakening the Five Elements. Dan Borris, the creative mind behind Yoga Dogs and Yoga Cats, has worked as a photographer in the advertising and music industries, including Sony and Atlantic Records. His photographs have appeared in

Adult Coloring Book Unique Designs to Color! COLOURING BOOKS FOR GROWN-UPS BEST GIFT IDEAS This incredible adult coloring book by best-selling artist is the perfect way to relieve stress and aid relaxation while enjoying beautiful and highly detailed images. Each coloring page will transport you into a world of your own while your responsibilities will seem to fade away... Use Any of Your Favorite Tools Including colored pencils, pens, and fine-tipped markers. One Image Per Page Each image is printed on black-backed pages to prevent bleed-through. Display Your Artwork You can display your artwork with a standard 8.5" x 11" frame. Makes the Perfect Gift Surprise that special someone in your life and make them smile. Buy two copies

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and enjoy coloring together. Buy Now, Coloring, and Relax...
Scroll to the top of the page and click the buy button.

Transform a life of anxiety, uncertainty and frustration into one of peace, strength, purpose and joy For the first time, find in a single book the principal means of changing your consciousness and reshaping your brain, for an increasingly better life experience. Discover the power of your mind. In The 3T Path you'll find hundreds of time-tested and scientifically proven suggestions, facts and techniques for your growth and self-improvement. The 3T Path is a comprehensive system that works in multiple fronts at the same time, bringing your noticeable results in a short time. The 3T Path will bring about enormous personal transformation to help you resolve and transcend the challenges of life, maximizing your potential. The strength of The 3T Path lies in its use of ancient and powerful tools from the yoga tradition: Mindfulness Dharma Inner peace Knowledge Devotion All these together with lifestyle suggestions to maximize your potential, and finally, The 3T Method to keep your progress steady. If self-realization seems like something from another world to you, out of your day-to-day reality, this book will change your views. The 3T Path shows how spirituality must be totally integrated into our daily activities and is nothing more than the perfection of the art of living well here and now. This book will give you a new vision of God, of your spiritual nature and of the process of enlightenment, in a practical and down to earth form. You'll see how spirituality will give you a clear advantage when dealing with everything in life, without you having to put aside your intelligence or common sense. This book is the result of decades of practice and research by the author, speaker and teacher of self-improvement and self-realization in yoga, Giridhari Das. He shows in this book how you can overcome your anxiety and frustration, how to find your purpose in life

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and guide your life day by day, the secrets of how to develop inner peace, how to use knowledge as an instrument of growth and enlightenment and the process of bhakti, the highest aspect of the path of yoga. This book will give you the tools to take control of your life experience.

This Cute Schnauzer Journal is the perfect gift for yourself or any Dog and Yoga lover. Other details include: 100+Pages High Quality White Paper Journal lined with space for the Date on each Page. Beautifully Designed Soft Cover with Matte Finish Perfect 6"x9" Inches (15.24 x 22.86 cm.) Make sure to look at our other products for other journal ideas.

This stylish 2018 Planner Weekly Monthly Planner Calendar Appointment Book with is designed for yoga lovers. 6" x 9" in size and available in different yoga themes (yoga animal - cat and dog too). Full Specifications : -International Edition for use in any country-6 x 9 inches weekly and monthly planner-12-month calendar for Year 2018 for easy reference in 12 sheets of monthly calendar -108 pages of weekly calendar sheets with To-Do List column - 14 pages to record important dates for 2018 and personal notes -Matte cover lamination- Leather texture theme minimalist cover design for class and elegance A perfect gift for friends and loved ones and yoga fans.

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