



Unfold Your Mat, Unfold Yourself: Essays on Yoga's Healing Truths and So Much More

Anne M. Samit

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What if healing were as simple as moving?

This collection of essays reveals 15 Healing Truths discovered on a journey through movement atop a yoga mat. What began as a simple quest to exercise ignited a discovery of self and spirit and strength, all found by merely moving on a mat.

Movement is a catalyst for healing. It shakes off the dust. On the mat, barriers get removed and whatever needs to be released is set free. The moves don't have to be complicated for a transformation to begin.

The essays contained in each Healing Truth are evidence that it's never too late to exchange a still life for a life in motion. Movement makes it possible to look back for review, to look ahead for hope and, ultimately, to land in the present moment. Moving is the way to: *achieve balance and belief and courage and strength; find comfort and connection and trust and acceptance, and embrace patience and peace and joy and love.*

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Kim Adams:

A lot of people always spent their very own free time to vacation or even go to the outside with them family or their friend. Were you aware? Many a lot of people spent that they free time just watching TV, or even playing video games all day long. If you need to try to find a new activity that is look different you can read some sort of book. It is really fun for you personally. If you enjoy the book which you read you can spent 24 hours a day to reading a publication. The book Unfold Your Mat, Unfold Yourself: Essays on Yoga's Healing Truths and So Much More it is very good to read. There are a lot of people who recommended this book. These were enjoying reading this book. In case you did not have enough space to bring this book you can buy the e-book. You can m0ore quickly to read this book from the smart phone. The price is not to cover but this book features high quality.

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Allen Lutz:

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