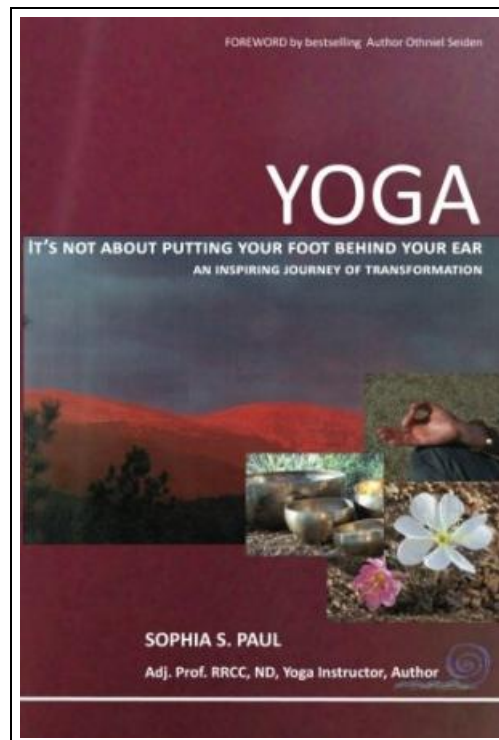


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YOGA - IT S NOT ABOUT PUTTING YOUR FOOT BEHIND YOUR EAR.: AN INSPIRING JOURNEY OF TRANSFORMATION (PAPERBACK)



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Createspace, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.By sharing her personal journey of transformation through Yoga, Sophia Paul is guiding and reassuring us to follow our own path towards a life full of joy and happiness. The power of mindfulness, right attitude, and a willingness to always look at the lesson in the experience can present us with the healing that we all seek. Simplistic, full of timeless wisdom and providing tools to turn every moment of your life into peace and appreciation, Sophia s story is intriguing and encouraging. From her early childhood on she had a calling for adventure that would eventually take her across several continents. Being stranded in a foreign country with no legal permission to work she was confronted with the reality of her divorce, and having to provide for her children. Her gift to pull herself up out of every misery again and again (as one friend admiringly put it) she proves that with a yes I can attitude, everything is possible. With yoga as her constant companion, her story leads from a happy childhood in Germany, to living dangerously in South America, to finally finding her true home in the United States. Sophia S Paul has over 30 years of experience as a Yoga Practitioner/Instructor. She owns Royal Yoga in Bailey/CO and currently also teaches at Red Rocks Community College in Lakewood/CO.

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