

# **Download The Yoga Way To Radiance How To Follow Your Inner Guidance And Nurture Children To Do The Same**

January/February 2018 Issue. Get the FREE app for your tablet and mobile device. Now available in the iTunes Store and the Google Play Store. Also available as a PDF File. Click for more information about New Worlds or to receive issues via mail. Shakta Kaur Khalsa is a renowned yoga instructor with more than 40 years of experience, having taught both children and adults. She attended Penn State University and is the author of several books, including Fly Like a Butterfly: Yoga for Children; The Yoga Way to Radiance: How to Follow Your Inner Guidance and Nurture Children to Do the Same; and Keep It Simple Series (KISS) Guide to Yoga. Daring to Rest: Reclaim Your Power with Yoga Nidra Rest Meditation [Karen Brody] on Amazon.com. \*FREE\* shipping on qualifying offers. What if you could reboot your health, tap into your creative self, reclaim your wild nature, lead from your heart— and still feel well rested? As modern women Pre-Registration Required The Partners' Yoga class is an ideal class for couples, partners or families to unwind and connect with one another in a relaxing, supportive way. - The Yoga Way To Radiance How To Follow Your Inner Guidance And Nurture Children To Do The Same