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Yoga, Meditation and Spiritual Growth for the African American Community: If You Can Breathe You Can Do Yoga and Find Inner and Outer Peace

Daya Devi-Doolin

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Yoga, Meditation and Spiritual Growth for the African American Community: If You Can Breathe You Can Do Yoga and Find Inner and Outer Peace Daya Devi-Doolin
This book provides hope and direction for a new or a renewed body, mind and spirit.The Yoga Asanas within this book will, if you practice, help you to burn calories, strengthen the body, mind and soul and offer benefits you cannot even imagine. All you really have to do is KEEP BREATHING! Daya Devi-Doolin has written an excellent, simple and readable book on Hatha Yoga. YOGA, MEDITATION AND SPIRITUAL GROWTH For the AFRICAN AMERICAN COMMUNITY is for you, the everyday person, the person who works, has a family (or not) and wants to stay stress-free, happy, fulfilled and healthy. This book will lead you, the yoga aspirant, and participant to that place. It has a loving and knowledgeable approach as if the reader were right in Daya's Yoga studio at the Doolin Healing Sanctuary. YOGA, MEDITATION AND SPIRITUAL GROWTH For the AFRICAN AMERICAN COMMUNITY was written by Yoga Instructor Yogini Daya Devi-Doolin who is the President and Co-Owner, along with her husband Chris Doolin, of The Doolin Healing Sanctuary. Daya started teaching herself Yoga and has been sharing her passion as an instructor for nearly fifty years. She was first trained by Professor Yogi Bharat Gajjar and continued training and improving her skill with Yogi Amrit Desai. Daya knows how important Yoga has been in her life and she conveys that with all of her students so that everyone can experience the good it can bring into their lives. Yoga has transformed her body, mind and spirit and she assures you it can do the same for you as you begin to experience this journey and truth for yourself.

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