

# From Yoga Heart: The Opportunity to Heal the World and Teach It to Love



## THE COBRA CYCLE ORIGINAL YOGA SET DR PAUL TEICH: FROM YOGA'S HEART THE OPPORTUNITY TO HEAL THE WORLD AND TEACH IT TO LOVE (EXERCISES FOR LIFE DR PAUL TEICH Book 1)

by Dan John

★★★★☆ 4.5 out of 5

Language : English  
File size : 1289 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 27 pages  
Lending : Enabled



In a world that is often filled with pain, suffering, and division, it is more important than ever to find ways to heal and to teach others to love. Yoga is a powerful practice that can help us to do both.

Yoga is a holistic practice that works on the body, mind, and spirit. It can help us to improve our physical health, reduce stress, and cultivate a more positive outlook on life. Yoga can also help us to develop greater self-awareness and compassion, which are essential qualities for creating a more loving and peaceful world.

From Yoga Heart is a book that explores the power of yoga to heal the world and teach it to love. The book is written by Anya Devi, a renowned yoga teacher who has dedicated her life to sharing the transformative power of yoga with others.

Through inspiring stories and practical teachings, the book shows how yoga can help us to:

- Heal our physical, mental, and emotional wounds
- Cultivate a more loving and compassionate heart
- Find inner peace and happiness
- Make a positive difference in the world

From Yoga Heart is a must-read for anyone who is interested in using yoga to heal themselves and the world. The book is full of wisdom, inspiration, and practical guidance that can help you to live a more fulfilling and compassionate life.

## **Endorsements**

"From Yoga Heart is a beautiful and inspiring book that shows how yoga can heal the world and teach it to love. Anya Devi is a gifted teacher and writer, and her book is full of wisdom and practical guidance that can help you to live a more fulfilling and compassionate life." - **Deepak Chopra**

"Anya Devi's book is a powerful reminder of the transformative power of yoga. Through her inspiring stories and practical teachings, she shows how yoga can help us to heal our wounds, cultivate love, and make a positive difference in the world." - **Thich Nhat Hanh**

## About the Author

Anya Devi is a renowned yoga teacher, speaker, and author. She has been practicing yoga for over 30 years and has taught thousands of students around the world. Anya is the founder of the Yoga of Love Institute, a non-profit organization that provides yoga and meditation programs to underserved communities. She is also the author of the book Yoga for Inner Peace.

## Free Download Your Copy Today

From Yoga Heart is available now at all major bookstores and online retailers. Free Download your copy today and start your journey to healing the world and teaching it to love.



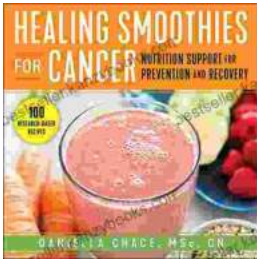
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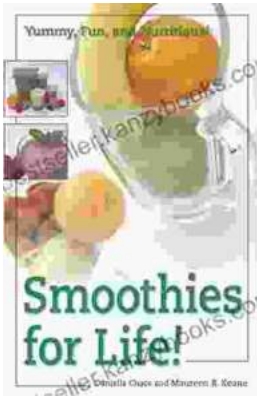
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