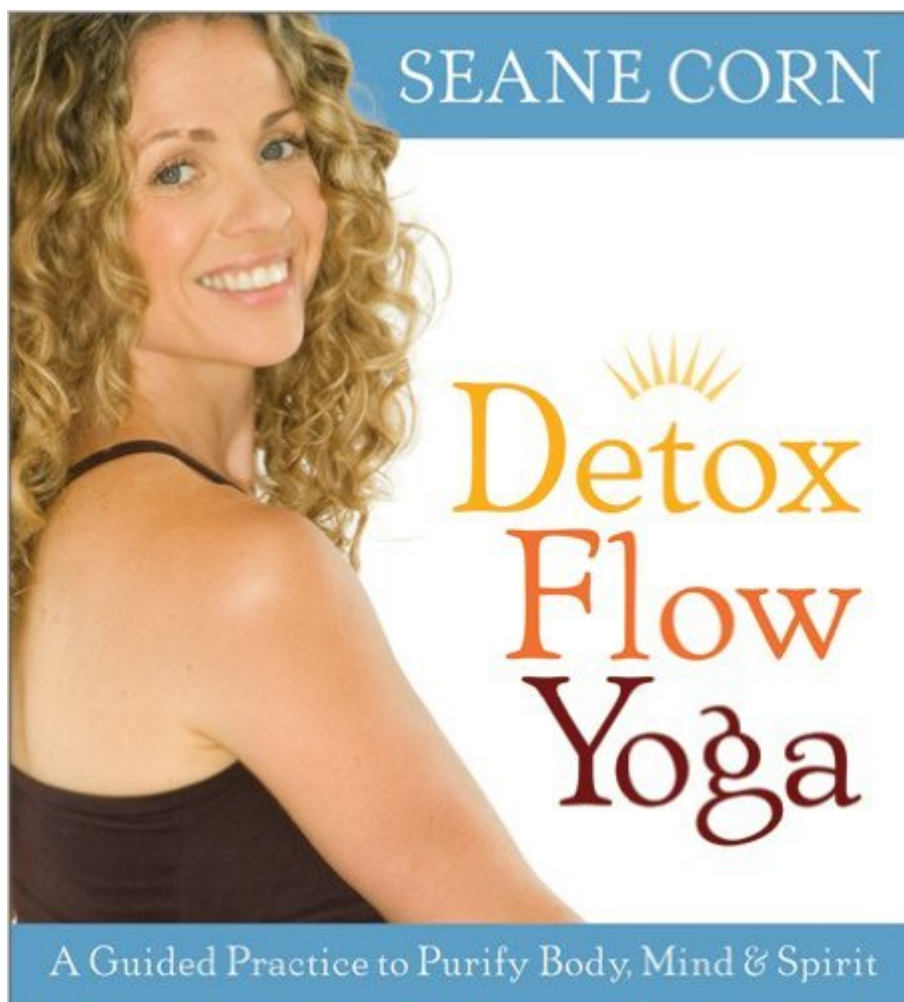


The book was found

Detox Flow Yoga



Synopsis

Purify Your Body, Mind, and Spirit with Seane Corn's Detox Flow Yoga. Each day, we are exposed to toxins--through the food we eat, the air we breathe, and the products we use. even our thoughts and emotions, when negative or repressed, can be as unhealthy as a poor diet or sedentary lifestyle. now, celebrated yogini Seane Corn offers Detox Flow® Yoga, a step-by-step guided audio program to help you remove the physical and emotional impurities that prevent you from achieving your optimal health. Practiced for centuries in ayurvedic and Chinese medicine systems and other cultures, detoxification is about stimulating, cleansing, and nourishing the body from the inside out. Detox Flow Yoga gives practitioners familiar with the standard poses of vinyasa flow yoga a mind-body-spirit immersion that explores: --Meditations and reflections for releasing stagnant mental patterns. --Sun salutations and other effective poses--unique movement combinations that stimulate the circulatory and lymphatic systems and help clear out toxins. --Guided instruction for building your practice--from proper alignment and breathing to more powerful and fluid sequences. --Practical lifestyle suggestions to help cultivate dietary awareness, proper exercise, spiritual renewal, and more. "We detoxify so that we can show up more fully in the world and reach our highest potential," teaches Seane Corn. With Detox Flow Yoga, you have a powerful combination of yoga practices and holistic teachings to help restore balance and vitality in your life.

Book Information

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Customer Reviews

Yoga is the essence of life...The month of September is recognized as National Yoga month. For the entire month yogi's unite together and celebrate their love of yoga. In this sacred month, I

wanted to challenge myself to discover a new yogi practitioner, in doing so I felt it would lead me to a greater form of self discovery. Of all the titles that were available I selected Sean Corn's Detox Flow Yoga with the intent to not only experience someone new but to learn a new way to cleanse my body through the use of yoga. Detox Flow Yoga was just what the doctor ordered. It allowed me to discover hidden toxins my body was exposed to daily, some that were listed I never knew existed. This audio program consists of three CDs. The first one builds a strong foundation of knowledge that educates the listener of these unknown toxins and the health benefits yoga can generate. It discusses in-depth how vulnerable our bodies are through the thoughts we have, to the food that we consume, to the amount of exercise we practice; all of these elements play an important key into our overall well being. With the ground work laid from the first audio the second one introduces a sequence of yoga poses that consist of Vinyasa Flow Yoga. Vinyasa Flow allows your body to stay in constant motion as one pose gently blends into another. The second audio dedicates an entire track to our breath pattern. It is essential that proper breath techniques are learned for it provides the ultimate form of relaxation. The last audio presents more challenging poses that consist of Sun Salutations. It also focuses on your core, twists, and back bending poses that is critical to your overall well being.

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