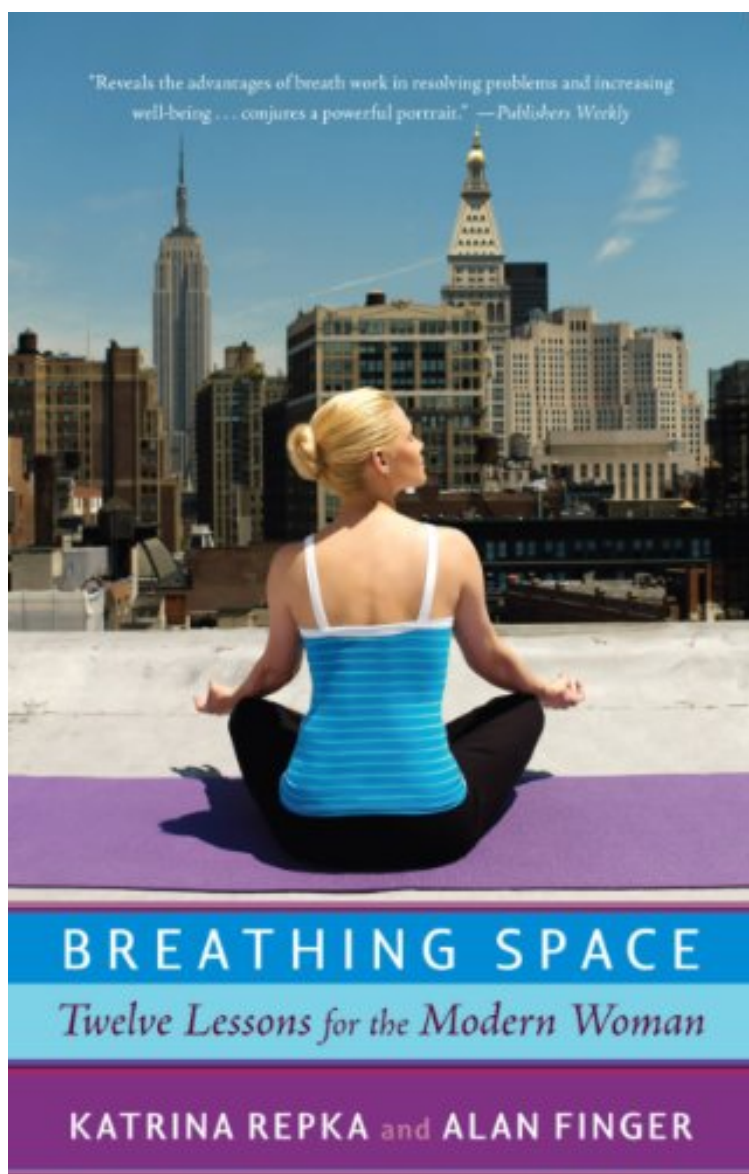


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Breathing Space: Twelve Lessons for the Modern Woman (English Edition)



Par Katrina Repka
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Description :

Prsentation de l'diteur" This is the story of a year I spent in New York, studying with Yoga Master Alan Finger." When Katrina Repka moved to New York, she was eager to shed her past and begin a new life, but she soon discovered that her old problems had followed her to the big city, and that instead of finding herself, she was more lost than ever. It was when she was almost ready to give up on everything that she read a magazine article on Master Yogi Alan Finger and knew that she had to meet him. It was a meeting that would change her life. Over the next twelve months, with Alan's help, Katrina tackled and overcame

many of the obstacles holding her back. Dealing with issues that every woman will relate to--criticism, emptiness, balance, family, and creativity (among others)--the twelve chapters in *Breathing Space* follow Katrina's ups and downs in New York. At the end of each chapter there is a simple but effective breathing exercise that will help readers eliminate harmful behavior patterns and speed their own process of personal transformation. *Breathing Space* is an inspiring and instructive book that offers every woman the chance to

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Space is an inspiring and instructive book that offers every woman the chance to follow the author's path and become the person she truly wants and deserves to be. Biographie de l'auteur Katrina Repka has been both

studying and teaching yoga for more than fifteen years. She has led workshops and retreats in North America and overseas. She lives with her husband and new baby in London, England. Alan Finger has been practicing and teaching yoga for more than forty years, and earned the title of "the supreme yogi." Alan and his father created a modern practice called ISHTA, now taught in studios throughout the world. He founded

the Tantra Institute, Yoga Works and Yoga Zone, and has been teacher and guide to such personalities as Barbra Streisand, Joni Mitchell, Diana Ross, Robin Williams, Neil Diamond, and Michael J. Fox. Visit:

www.ishtayoga.com/