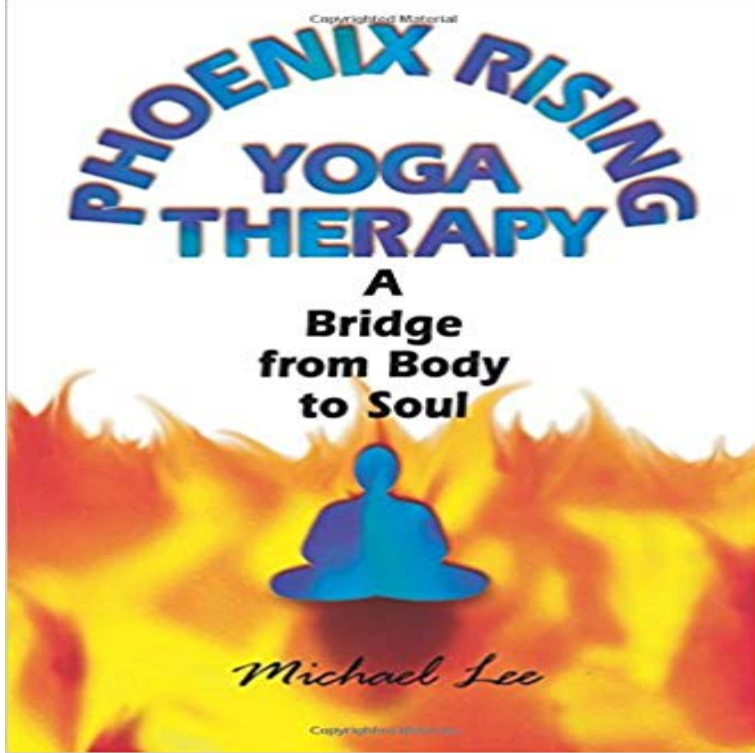


Phoenix Rising Yoga Therapy: A Bridge from Body to Soul



While there are many yoga books on the market today, little has been written about yoga as a personal-growth tool. This book shows readers how to use a unique blend of yoga and psychology to bridge the gap between body and soul.

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