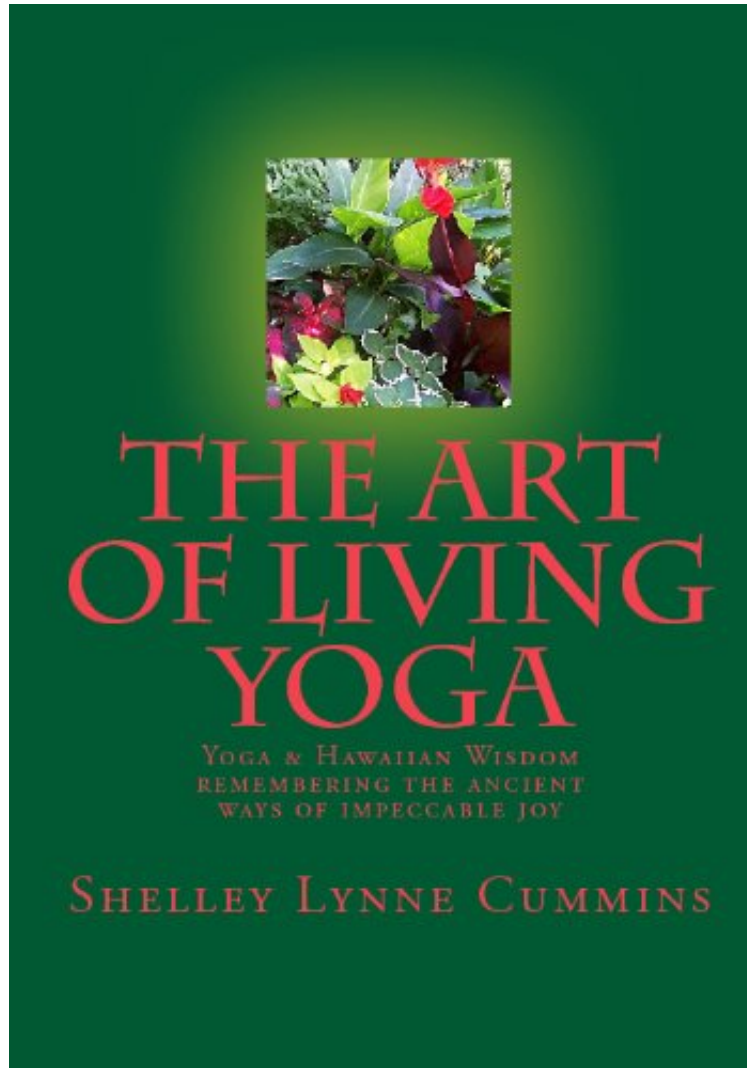


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The Art Of Living Yoga

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Mantras, sacred sound syllables and Mudras, a universal language of symbols, to open the heart VI. Yantras... sacred geometrical configurations, as a divination system and higher communication

About the Author Shelley teaches yoga to people across the globe, provides spiritual counseling, and offers the auspicious gift of the Oneness Blessing. She presents a unique blend of yoga including Astanga, Iyengar, Kripalu, as well as Hasya, Laughter Yoga! She offers corporate yoga workshops and has developed yoga programs in medical institutions such as Memorial Sloan Kettering Cancer Center and New York Cornell Hospital. She is the author of many yoga products and welcomes you to explore the many treasures of yoga on her website www.JaiSriYogis.com Jai... Joyous praise Sri... Honorable Yogis... All of us together as One!