



I Am a Woman: Creative, Sacred & Invincible--Essential Kriyas For Women In The Aquarian Age

By Yogi Bhaajan

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This extraordinary yoga manual is a must for any woman! Organized by topic, you can focus your practice on a particular problem, such as clearing old patterns, or you can simply open it up and try something new. Each chapter includes a vigorous kriya or two, several meditations, and a mantra practice to connect you to the divine within. Chapters include "Awakening Your Inner Vitality: Essentials for Daily Practice", "Woman as Her Own Psychologist I: Clearing the Self" and II: Cultivating the Self", "Healing & Relaxation: Becoming Healthy and Happy", Beauty Begins Within: Personal Discipline and the Graceful Woman and nine more.

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By Yogi Bhanjan

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