



60-MINUTE CD-V OF GUIDED EXPLORATIONS

Self-Awakening Yoga

The Expansion of Consciousness through the Body's Own Wisdom



Don Stapleton, Ph.D.
Director of the Nosara Yoga Institute

Self Awakening Yoga The Expansion Of Con

CH Cherryholmes



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Self-Awakening Yoga Don Stapleton, 2004-07-22 From focusing on the breath to accessing primal sound more than 100 exercises show how to unlock the wisdom and power of prana the energy of yogic purification to engage the body's healing powers

Self-Awakening Yoga Don Stapleton, 2004-07-22 Takes yoga back to its roots as a creative learning process and an expansion of consciousness not just a technique for health and fitness Provides simple techniques that enhance the free flow of prana to promote physical and emotional healing self discovery and spiritual evolution Includes over 100 exercises and meditations for a self structured practice Teaches how to release the body's inefficient painful patterns and to access unknown potentials through kinesthetic inquiries Includes 60 minute audio CD V of four guided meditation exercises When artist and professor Don Stapleton discovered yoga it marked the beginning of a journey into the awakening powers of prana the energy of yogic purification and the natural spiritual and healing properties of his own body After 30 years of extensive yoga training an accident left him with a severe injury to the spine Faced with the challenge of physical recovery Stapleton drew upon his knowledge of yoga to create a series of exercises that allowed him to recover freedom of movement release emotional blockages and unleash his spiritual and physical potential Self Awakening Yoga is the synthesis of Stapleton's practice More than 100 exercises from focusing on the breath to accessing primal sound show how to unlock the wisdom and power of prana to engage the body's healing powers His simple exercises and meditations focus on natural movements that encourage body awareness Readers learn how to listen to what the body is saying before engaging in any specific yoga postures Self Awakening Yoga takes yoga back to its roots as a creative learning process and an expansion of consciousness not just a technique for health and fitness

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