

## Yoga Meditations 2017 Wall Calendar

Elena Ray, Amber Lotus Publishing

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An essential principle of yoga — the mind, body, and spirit holistically connecting through the breath — is beautifully illustrated in the Yoga Meditations wall calendar, featuring exquisite mixed-media art by Elena Ray. The visual themes explore yoga postures as well as symbolic subjects, such as the expansive transformation of butterfly wings or the upward reach of smoke from an incense burner. The accompanying quotes from ancient and contemporary yoga masters open the heart to this universal wisdom and enhance the practitioner's potential of meeting yoga's greatest goal: the realization of one's deepest nature. In the words of the great yogi Paramahansa Yogananda, *You will then be guided by the great creative power of Spirit*.

- A year of yoga wisdom and inspiration on your wall.
- Frameable artbook-quality printing.
- The perfect inspirational art gift for the yoga enthusiast.
- Features quotes by luminaries such as T. K. V. Desikachar and Bhava Ram and text from the Radiance Sutras.
- Printed on FSC® Certified Mixed Source Paper with soy-based inks.
- Published by Amber Lotus, an independent carbon-negative US company that has planted more than half a million trees since 2008.
- This calendar features US and Canadian legal holidays, phases of the moon, and important observances of the world's major religions.



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Spent a free time and energy to be fun activity to do! A lot of people spent their spare time with their family, or their particular friends. Usually they carrying out activity like watching television, gonna beach, or picnic inside the park. They actually doing same every week. Do you feel it? Do you wish to something different to fill your own free time/ holiday? Might be reading a book could be option to fill your no cost time/ holiday. The first thing you ask may be what kinds of book that you should read. If you want to attempt look for book, may be the publication untitled Yoga Meditations 2017 Wall Calendar can be good book to read. May be it might be best activity to you.

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The actual book Yoga Meditations 2017 Wall Calendar has a lot of knowledge on it. So when you read this book you can get a lot of gain. The book was compiled by the very famous author. Mcdougal makes some research ahead of write this book. This specific book very easy to read you will get the point easily after looking over this book.

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