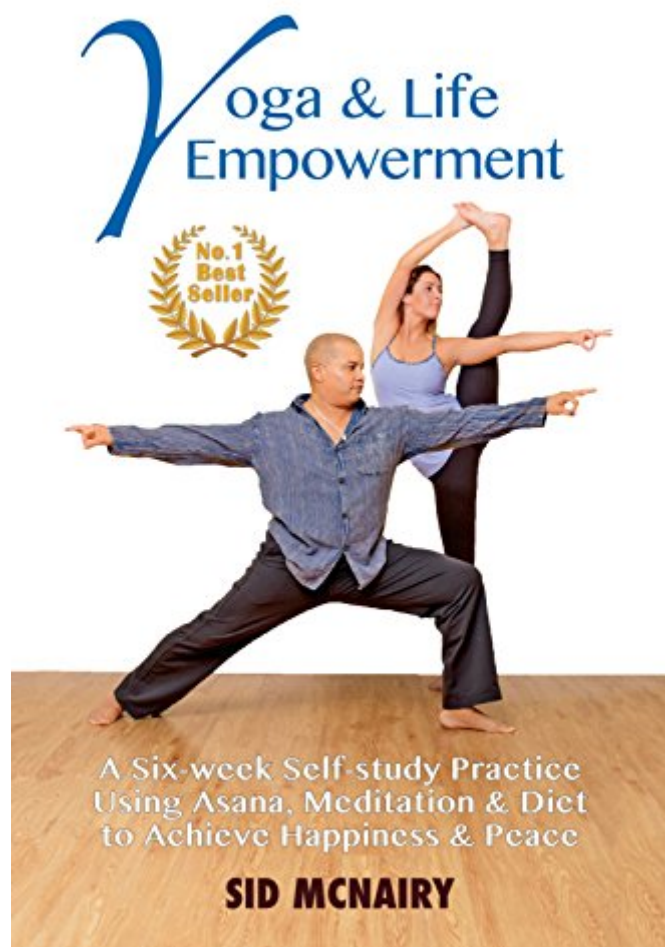


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# Yoga & Life Empowerment: A Six-week, Self-study Practice Using Asana, Meditation & Diet To Achieve Happiness & Peace



## Synopsis

Yoga & Life Empowerment is designed for beginners and advanced yoga practitioners alike. It is a personal, six-week guide for anyone seeking a positive change in their life by transcending negative thought patterns and finding both physical and spiritual strength. The program brings out the spiritual practice of Nahi Warrior Yoga, which encompasses asana, meditation, and self-discovery to allow the practice of yoga to lead into a deeper connection to spirit, release our fears, and discover that we are all connected in every way. This timeless manual provides yoga sequences and instructional pictures, nutritional recommendations on eating clean and pure foods, including a fruit feast, and offers interactive and dynamic self-practices to begin living the life you want to live.

## Book Information

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## Customer Reviews

This should be required reading for everyone as a practical roadmap to a deeper understanding of your practice, your life, and how changes in one lead to changes in the other. Endlessly repeatable and easy to understand, "Yoga & Life Empowerment" was a central aspect of my teacher training

experience and I continue to find new insights for myself on and off the mat with each new read.

"Yoga & Life Empowerment" has taken the practice of Yoga into a global mindset that taps into reflection, wisdom and peace. Sid McNairy connects to the reader by tapping into the larger picture and shares that vision with the world.

I used to feel like I was a spectator at my own life; it was like I was watching it all take place without actually living it. I was going through the motions, appearing ok on the outside while feeling empty on the inside -- feeling like I just wasn't good enough. I was always certain that the life I knew I wanted to live was in me somewhere. I could feel the greatness inside hidden behind my self doubt. Sid McNairy has helped me to find my greatness. His commitment to helping people find their purpose and empowering their lives is inspiring. "Yoga & Life Empowerment" has shifted my life and my family's lives in ways that I didn't know were possible. If you're willing to do the work, this book will blow you away. It will change your life, and I can guarantee it! I am forever grateful to Sid for writing this book and for holding the space for so many people so they can in turn live fuller and more powerful lives.

This is a great read for anyone in any walk of life. I continue to revisit this book as a way to check in with myself and each time I see where I can go deeper and grow stronger. I recommend it for a group of people wanting an empowerment program to do together or for someone seeking empowerment on their own.

This book is a rare and unique gem. Sid's insight approach and intuitiveness is fascinating on how he approaches Yoga & Life Empowerment a journey through a six week self-study practice using asana, meditation & diet. If you're trying to deepen your practice Whether On a personal level on the mat or off the mat this book is for you. It will shed new light on your ever evolving journey and growth. I highly recommend this book, if want to deepen your spiritual practice.

A truly marvelous and lovely book. Includes self reflection questions and photos and alignments for the yoga sequence. Touching on everything from postures, to where to let go, to finding new truths, to deepening your understanding of your journey. A must read for people on their mat, teachers, anyone looking to expand and go deeper within themselves. A book I will carry with me for many, many years to use as a study guide, and refer back to quite often...as a teacher and a student.

Thank you Sid!

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