



THE YOGA

WAY TO

Radiance

HOW TO FOLLOW
YOUR INNER
GUIDANCE AND
NURTURE CHILDREN
TO DO THE SAME

SHAKTA KHALSA

Foreword by Carla Hannaford, PhD,
author of *Smart Moves*

"This wonderful book builds a bridge between
adults and children that reflects the unity
that is the true meaning of yoga."

—Anodea Judith, PhD,
author of *Wheels of Life* and *Anodea Judith's Chakra Yoga*

Resumo de The Yoga Way to Radiance: How to Follow Your Inner Guidance and Nurture Children to Do the Same

Through ancient wisdom, personal stories, and helpful practices like yoga and meditation, The Yoga Way to Radiance teaches you to reclaim your authentic self and to nurture the same in children through mindful or conscious parenting and teaching.

[Acesse aqui a versão completa deste livro](#)