



Eft for Yoga Students, Practitioners and Teachers: Clearing Doubt and Psychological Clutter to Take Our Yoga to the Next Level

By Michael Hetherington

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The purpose of this book is to clearly explain what EFT is and how to use it, particularly in the context of yoga-related stress. Once we can effectively address and clear the blocks that hinder our yoga practice, we will naturally be supported with a greater source of balanced energy, increased clarity, inner confidence and power. This book is designed to be more of a workbook than a book of words and concepts. The goal here is to get you to start working with EFT as soon as possible with a clear understanding and to provide you with the tools so you can apply it right away to enhance your yoga practice. This book will help to clear many of the common blocks and limitations experienced by yoga practitioners at all levels. This book will show you how to dissolve stress and anxiety related to: - Lacking motivation and commitment to yoga - Being easily distracted in class - Public speaking (teaching yoga) - Having poor self body image - Fears related to injuries and much more.



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Reviews

Complete guideline! Its this type of great read through. it absolutely was writtern quite perfectly and helpful. I am very happy to explain how this is basically the best book i actually have read through during my personal life and can be he very best book for at any time.

-- **Joshua Gerhold PhD**

A very awesome book with perfect and lucid reasons. It really is basic but shocks within the 50 percent of the book. Its been designed in an exceptionally easy way and is particularly merely right after i finished reading this ebook where in fact changed me, change the way i think.

-- **Meagan Roob**