

soul space yoga wellness

Soul Space Yoga & Wellness: Finding Your Inner Peace Through Movement and Mindfulness

Are you feeling overwhelmed, stressed, or disconnected from yourself? Do you crave a space where you can truly relax, rejuvenate, and reconnect with your inner peace? Then welcome to Soul Space Yoga & Wellness - your sanctuary for mindful movement and holistic well-being. This comprehensive guide will delve into the transformative power of yoga and wellness practices offered at Soul Space, exploring how they can help you cultivate a healthier, happier, and more fulfilling life. We'll explore the different offerings, the benefits of each, and answer your burning questions about finding your perfect path to serenity.

What is Soul Space Yoga & Wellness?

Soul Space Yoga & Wellness isn't just another yoga studio; it's a holistic wellness center designed to nurture your mind, body, and spirit. We believe that true wellness stems from a balanced approach that integrates physical activity, mental clarity, and emotional well-being. Our philosophy centers on creating a supportive and inclusive environment where individuals of all levels can discover the transformative power of yoga, meditation, and other wellness practices. We strive to foster a community where you can connect with like-minded individuals and embark on a journey of self-discovery and growth.

Our Yoga Styles: Finding Your Perfect Flow

Soul Space offers a diverse range of yoga styles to cater to all levels and preferences, from beginners to experienced practitioners. This ensures that regardless of your fitness level or prior yoga experience, you'll find a class that resonates with you.

1. Hatha Yoga: This foundational style emphasizes gentle movements and breathwork, making it perfect for beginners or those seeking a relaxing and restorative practice. We focus on proper alignment to build strength, flexibility, and mindfulness.
1. Vinyasa Yoga: A more dynamic style that links breath and movement in a flowing sequence. Vinyasa builds strength, stamina, and flexibility while cultivating a sense of fluidity and grace. It's an excellent option for those seeking a more challenging and invigorating practice.
1. Yin Yoga: This slow-paced style targets the deeper connective tissues of the body, promoting relaxation, stress reduction, and improved

flexibility. Yin yoga is particularly beneficial for stress management and improving joint mobility.

1. Restorative Yoga: This deeply relaxing style uses props like bolsters and blankets to support the body in passive poses. Restorative yoga encourages profound relaxation, stress relief, and a sense of rejuvenation.

Beyond the Mat: Exploring Our Wellness Offerings

Soul Space Yoga & Wellness extends beyond yoga, offering a comprehensive range of wellness services designed to support your overall well-being.

1. Meditation & Mindfulness Workshops: Learn techniques to cultivate inner peace, reduce stress, and enhance your awareness through guided meditations and mindfulness practices. Our workshops cater to different experience levels and explore various meditation styles.
1. Sound Healing Sessions: Experience the transformative power of sound vibrations through gong baths, singing bowl meditations, and other sound healing modalities. These sessions promote deep relaxation, stress reduction, and emotional release.
1. Nutritional Counseling: Our certified nutritionists provide personalized guidance to help you optimize your diet for improved health and well-being. We focus on creating sustainable lifestyle changes that support your individual needs and goals.
1. Workshops & Retreats: Throughout the year, we offer a variety of workshops and retreats that focus on specific aspects of wellness, such as stress management, self-care, and personal growth. These immersive experiences provide opportunities for deeper exploration and connection.

The Benefits of Soul Space Yoga & Wellness

The benefits of practicing yoga and incorporating other wellness modalities at Soul Space are numerous and far-reaching. Beyond the physical benefits of increased flexibility, strength, and improved balance, you can expect to experience:

Reduced Stress & Anxiety: Yoga and mindfulness practices help regulate the nervous system, reducing stress hormones and promoting a sense of calm.

Improved Sleep: Regular yoga and meditation can lead to improved sleep quality and duration.

Increased Self-Awareness: Through mindful movement and introspection, you'll develop a deeper understanding of your body, mind, and emotions.

Enhanced Emotional Regulation: Yoga helps you develop tools to manage and process emotions more effectively.

Increased Energy & Vitality: Regular practice can boost energy levels and leave you feeling more vibrant and alive.

Stronger Sense of Community: Connecting with others in a supportive environment fosters a sense of belonging and enhances your overall well-being.

Finding Your Path to Serenity at Soul Space

Soul Space Yoga & Wellness provides a unique and holistic approach to wellness, catering to diverse needs and preferences. Whether you're a seasoned yogi or a complete beginner, we invite you to explore our offerings and discover the transformative power of mindful movement and self-care. Our welcoming and supportive environment creates a space where you can embark on a journey of self-discovery and unlock your inner peace. Visit our website or contact us today to schedule a class or learn more about our services.

Conclusion:

At Soul Space Yoga & Wellness, we believe that taking care of your mind, body, and spirit is an essential part of living a fulfilling life. Our diverse range of yoga styles and wellness offerings provide a supportive and nurturing environment for individuals to explore their inner peace and cultivate a healthier, happier self. We invite you to join our community and discover the transformative power of Soul Space.

FAQs:

1. Do I need any prior experience to attend your yoga classes? No, our classes cater to all levels, from beginners to experienced practitioners. We offer modifications for all poses, ensuring everyone can participate comfortably.

1. What should I wear to a yoga class? Comfortable clothing that allows for free movement is recommended. Avoid restrictive clothing that might hinder your practice.

1. What if I have injuries or limitations? Please inform your instructor of any injuries or limitations before class. We can help you modify poses to suit your needs.

1. What payment methods do you accept? We accept cash, credit cards, and

various online payment methods. Details can be found on our website.

1. How can I book a class or workshop? You can book classes and workshops online through our website or by calling us directly. We recommend booking in advance, especially for popular classes.

soul space yoga wellness: Body Belief Aimee E. Raupp, 2018 Please note that I submitted the full text and do not have a summary to include. But the box is now a required field and the site would not let me submit without adding text there. Please let me know if summaries are now required for all applications--

soul space yoga wellness: Soul Coaching Denise Linn, 2003-10-01 If you could really hear a message from your soul, what would it be telling you? Soul Coaching is a four-week program dedicated to an in-depth clearing and cleansing of the different aspects of your life: mental, emotional, physical, and spiritual. If not now, when? By following the practical, carefully crafted steps presented here, you'll find that you're able to uncover your authentic self. This book is for you if you want to know: • who you are • why you're here • what your mission is This book is also for you if you are ready to start: • putting your needs before everyone else's • living life at a peaceful, moderate pace • loving yourself By utilizing the energy of the elements of nature: Air, Water, Fire, and Earth, this program allows you to clear away old blockages so that you can truly begin to hear the secret messages of your soul.

soul space yoga wellness: Drunk Yoga Eli Walker, 2019-01-15 The OFFICIAL Drunk Yoga book by the rebel behind the viral phenomenon! The Drunk Yoga craze is taking over... not even your bookshelf is safe! The official Drunk Yoga book includes 50 fun (and funny!) variations on traditional yoga poses including: Merlot-sana Vino-yasa WERK-Sasana Shot-a-runga Sip-da-Vino-sana Malbec-asana Bottle-konasana and so much more! In addition, you'll learn the Drunk Yoga rules (so you don't make any pour decisions), partner activities (so you won't have to drink alone), hilarious fun facts, crazy stories from real Drunk Yoga classes, poems, drawings, and other fun surprises! Full of wine, yoga, jokes, and joy, Drunk Yoga is for the experienced yogi, the average barfly, the social butterfly, and the wallflower who needs a few sips of liquid courage. It's about wine. And yoga. And not taking yourself too seriously. Already a huge hit for bachelor and bachelorette parties, birthday celebrations, and even office and team-building activities, this official book is founder Eli Walker's newest way to bring Drunk Yoga to you, wherever you are. Drink wine. Do yoga. Be happy.

soul space yoga wellness: Mending the Past and Healing the Future with Soul Retrieval Alberto Villoldo, Alberto Villoldo, PH D, 2010-11 This fascinating book by psychologist and medical anthropologist Alberto Villoldo, Ph.D., explains the practices for healing outside of ordinary time and space. It shows how to enter the timeless now to heal events that occurred in the past, and to correct the course of destiny. Dr. Villoldo discusses ways in which you can heal yourself and your...

soul space yoga wellness: Danielle Collins' Face Yoga Danielle Collins, 2019-07-09 Have you ever thought why every workout you have ever done stopped at the neck? Or wondered why traditional yoga calms the mind, tones the body but forgets the face? Are you looking for a natural way to look and feel younger and healthier? Danielle Collins, TV's Face Yoga Expert, believes we should all have the opportunity to look and feel the very best we can for our age and to care for our face, body and mind using natural and holistic techniques. Her method requires just 5 minutes a day and could not be easier to get started. Integrating practical facial exercises with inspirational lifestyle tips, including diet and skincare, Danielle Collins' Face Yoga is a revolutionary new programme to help you achieve healthier, firmer, glowing skin..

soul space yoga wellness: Tracking the Wild Woman Archetype Stacey Shelby, 2018-01-22

soul space yoga wellness: Spiritually Fly Faith Hunter, 2021-08-17 From next-generation yoga teacher Faith Hunter comes a real-world guide to feeling more worthy, vibrant, and alive. "You were born with the fullness of your most epic life within you. Knowing your true worth. Feeling vibrant with each breath and magically alive as you navigate the unexpected. When you peel back the layers of crusty emotional baggage and old subconscious loops that keep you small, you are able to step into the brilliance of who you are in your soul, and that makes you Spiritually Fly™." —Faith Hunter Global yoga and meditation teacher Faith Hunter is known for her ability to help others remember their inherent worth and live more soulful, joyful lives. Here, Faith shares the seven principles behind her life philosophy—the "Spiritually Fly Sutras"—inspiring each of us to embrace our unique flow, on and off the mat. The Spiritually Fly Sutras are dynamic, sacred principles grounded in movement, breathwork, sound, and self-reflection. When practiced together, Faith teaches, "They have the ability to inspire and ignite an inner revolution." Throughout Spiritually Fly, Faith shares the stories that led to each sutra with raw vulnerability. A young Black girl in the South whose brother was dying of AIDS contracted from a blood transfusion, she often struggled to trust in spirit and God. Her own spiritual journey brings a fresh, grounded vibe to her teachings, as she seamlessly blends classic yoga wisdom with modern-day living. To help you integrate each sutra into your life, Faith provides a wealth of "SoulPrints"—exercises and reflections including yoga asanas and kriyas, journaling prompts, pranayama, chakra explorations, and practices for each of the "three Ms": mantra, mudra, and meditation. For anyone ready to live their most epic lives, Spiritually Fly offers a radical guide to shift unhealthy patterns, recharge your soul, and fly.

soul space yoga wellness: It Chooses You Miranda July, 2011-11-10 In the summer of 2009, Miranda July was struggling to finish writing the screenplay for her much-anticipated second film. During her increasingly long lunch breaks, she began to obsessively read the PennySaver, the iconic classifieds booklet that reached everywhere and seemed to come from nowhere. Who was the person selling the Large leather Jacket, \$10? It seemed important to find out--or at least it was a great distraction from the screenplay. Accompanied by photographer Brigitte Sire, July crisscrossed Los Angeles to meet a random selection of PennySaver sellers, glimpsing thirteen surprisingly moving and profoundly specific realities, along the way shaping her film, and herself, in unexpected ways. Elegantly blending narrative, interviews, and photographs with July's off-kilter honesty and deadpan humor, this is a story of procrastination and inspiration, isolation and connection, and grabbing hold of the invisible world.

soul space yoga wellness: The Power of Breath and Hand Yoga Christine Burke, 2019-04-09 Discover how to heal both body and mind using only your breath and your hands. In The Power of Breath and Hand Yoga, Christine Burke shows how you already have all you need to heal both physical and emotional conditions and improve your overall wellbeing. Breath awareness has been linked to calming the body and brain, regulating blood pressure, improving memory and immune function, preventing heart attacks and easing chronic pain and asthma. Mudras are known as 'yoga for the hands': they are hand poses and positions that channel energy and offer a point of focus during meditation. First, Christine teaches you a range of breathing techniques and reveals the background behind mudras and how best to use them, and then she offers breath and mudra practices for 36 conditions, divided into body and mind. Each practice also includes a 'jewel thought' meditation, which can accompany the breath technique and/or mudra.

soul space yoga wellness: Girlvana Ally Maz, 2021-06-15 A handbook for the self--a compassionate, honest, and personal guide to empowering yourself, and others, for a safer and more inclusive world. BEING A TEENAGER can be a beautiful time in your life. But it can also be one filled with self-doubt, worries, and complicated relationships. Focusing on school and activities, friendship and family, feeling comfortable in your body, knowing and celebrating who you are in this world--it's hard to do all at once. Sometimes it may feel as though you're not doing it right, or that you don't know how to do it. Sometimes you may feel alone, and like you don't fit in--because you don't look like other people, or because you're not the right size or shape or skin color. It's tough to feel like

you belong when so many things, like social media and the internet, are telling you that you don't. Girlvana will inspire you to connect with your body, mind, and community to become the best possible version of yourself. Using the ancient teachings of yoga and the foundations of meditation and breathwork, this book will teach you to explore yourself from the outside in--to honor your body, to invite and accept your feelings, to work through tough conversations and negative thoughts--to develop self-acceptance and self-love. Along the way, you'll also discover the power of finding and using your voice so you can become a better friend and ally; so you can speak out and fight against injustices and inequities; so you can use your privilege for good; and so you can, ultimately, demand change for a brighter world. Featuring yoga flows and meditations, and including breathing exercises and journaling prompts, Girlvana is the essential guide for any self-identified young woman in today's world.

soul space yoga wellness: Beyond Power Yoga Beryl Bender Birch, 2010-06-15 FROM SWEAT TO SAMADHI: The Path of ASTANGA YOGA Beyond Power Yoga presents and explores the complete journey of the classical astanga yoga system, from power yoga to meditation and liberation. Bender Birch's first book, the groundbreaking Power Yoga, introduced one level of astanga yoga to mainstream America -- a high-heat, high-energy mind/body workout. Now, Beyond Power Yoga presents all eight levels, or limbs, of this ancient method -- a total practice for body and soul. Drawing a parallel between astanga yoga's eight limbs and the mind/body energy centers (chakras) of Eastern philosophy, Bender Birch shows us how we can balance and heal our body, focus and relax our mind, amplify and direct our energy (prana), and ultimately reclaim our spiritual connection to Universal Consciousness. Each chapter offers specific practices to help the reader uncover and experience the insights of the astanga yoga journey. The YAMAS: Exploring the Fundamentals The NIYAMAS: Doing the Work ASANA: Practicing the Postures PRANAYAMA: Breathing Mindfully PRATYAHARA: Turning Inward DHARANA: Developing Concentration DHYANA: Experiencing Meditation SAMADHI: Living Joyfully Presented in the down-to-earth illuminating style and inspiring voice of the author, illustrated with easy-to-follow photos, plus a special wall chart of the asana sequences, Beyond Power Yoga offers a short form of the dynamic mind/body power yoga method, then journeys through the deeper levels of spiritual practice.

soul space yoga wellness: Spirit Hacking Shaman Durek, 2019-10-15 "This guy does next level stuff. I have worked with him and I have no idea how or why he is able to do some of the things I have witnessed. Science is just catching up with biohacking. It's time to start studying spirit hacking and how Shaman Durek can achieve the tangible results he achieves." —Dave Asprey, author of the New York Times bestseller, *The Bulletproof Diet*, Silicon Valley investor and technology entrepreneur In *Spirit Hacking: Shamanic Keys to Reclaim Your Personal Power, Transform Yourself, and Light Up the World*, Shaman Durek, a sixth-generation shaman, shares life altering shamanic keys allowing you to tap into your personal power. Through new information you will banish fear and darkness from your life in favor of light, positivity, and strength. Shaman Durek's bold and sometimes controversial wisdom shakes loose our assumptions about ourselves and the very world around us. He ultimately teaches us how to step fearlessly out of this Blackout (the age of darkness we are currently experiencing) and access a place of fierce empowerment by use of tools and techniques of timeless Shamanic tradition. This transformation is both personal and collective; as individuals step out of darkness and begin to experience the light, we bring our loved ones and communities out of the shadows as well. Shaman Durek inherited a rich legacy of ancient wisdom and now shares this knowledge for a modern context. He advises everyone from celebrities like Gwyneth Paltrow and Nina Dobrev to innovative executives such as Bullet-Proof Coffee founder Dave Asprey. *Spirit Hacking* shatters readers' complacency, giving them tools to navigate the tumultuous times in which we find ourselves. We will emerge from this period happier, lighter, and more vibrant than ever before.

soul space yoga wellness: A Classroom in Balance Julie Strittmatter, 2021-03-31 Are you looking for curriculum for... ..teaching mindfulness to children or teens? This is the perfect curriculum for anyone looking to push pause in a busy world through the power of mindfulness. A

Classroom in Balance shares 100 scripted practices that can take place in ten minutes or less. This book suits both experienced Mindfulness practitioners and novices as it provides an overview of Mindfulness, while offering practical and purposeful ways to teach it to others. Through exercises such as journaling, meditation, mindful movements, and class discussions, this book benefits both the facilitator and practitioner by tending to the physical, mental, and emotional well-being of all who participate. Although originally intended for secondary education classroom teachers, these exercises are a wonderful additions to anywhere that teaching and learning take place. This is an invaluable resource for teachers, parents, counselors, youth group-leaders and coaches alike. Are you ready to create your own Classroom in Balance?

soul space yoga wellness: Holy Yoga Brooke Boon, 2009-06-27 People often equate yoga with Eastern religion, but Brooke Boon sees it as an exercise style that Christians can use to generate patience, strength, and deeper worship. Author and yoga instructor Brooke Boon combines her passion for Christianity with her commitment to health to introduce yoga as a physical and spiritual discipline that strengthens the body and the soul. Clear explanations and photographs make yoga accessible for any reader, and Brooke offers customized routines for readers struggling with specific issues, such as weight loss and anxiety. Through it all Brooke uses scriptural references to help reinforce the idea that by taking care of our bodies we can also take care of our faith.

soul space yoga wellness: Sweet Like Jasmine Bonnie Gray, 2021-10-05 This is the story of God whispering, "What no one wants, I cherish." The daughter of a mail-order bride and a busboy from San Francisco's Chinatown, Bonnie Gray grew up never truly feeling beautiful or beloved. As an adult, she built her life to look pleasant and ordinary, with a wonderful husband, two amazing boys, and a thriving career. But despite these blessings, she still felt the tugging emptiness of a missing piece. At 39, a long-forgotten birth certificate in an old file cabinet sparked a curiosity Bonnie couldn't ignore. Determined to uncover her family's secrets and understand the home she was born into, Bonnie embarked on a quest that would leave her forever changed. Returning to the culture, places, and stories that shaped her, her search led her to soul-shaking discoveries about her identity, human kindness and what it truly means to belong. The profoundly moving journey of learning to embrace our true worth, *Sweet Like Jasmine* celebrates how God uses our unique and broken stories to create a beautiful mosaic of His love, one life at a time.

soul space yoga wellness: Eff This! Meditation Ms. Liza Kindred, 2019-10-22 Are you stressed out, anxious, or overwhelmed? Get out of the storm swirling in your head—and into the peaceful place inside you. *Eff This! Meditation* will help you let that crap go...with 108 hands-on practices rooted in humor, love, straight talk, and a deep respect for the foundational teachings of Buddhism. If you're ready to throw your hands in the air and yell "Eff This!" you are not alone—and this book can help. You already know that you should meditate, and that meditation will make you happier and healthier. But you're tired and irritated, and every time you try to meditate, your mind races and you can't stop thinking about that jerk at work. If this describes you, then this might be just what you need. This is not a joke, this is real meditation—and really effective practices—for everyday life. This book is a reference for you to come back to again and again. Integrate these tips into your daily life, or pull it off the shelf when you need a boost. Learn to celebrate the small victories in life with a "to do" list. Release yourself from phone addiction with a digital detox plan. Get your body out of stress mode by practicing diaphragmatic breathing. Be transported, and open your heart with a pick-me-up playlist. These are just a few of the simple, practical strategies that will help you find your center. *Eff This! Meditation* is a Shamatha (mindfulness-awareness) practice rooted in radical compassion for self, and presented in 108 tips, tricks, and ideas. They are all centered on the idea that, as humans, we might not be "finished," but we are complete. Everything you need to attain enlightenment is already contained within you, and you can use meditation—and these practices—to connect with it. The book offers 108 exercises, organized by the amount of time you have to help you respond to your current effing context. There are a number of ways you can dive into the book: Read it all the way through Flip through and mark what seems interesting Try all of the techniques, one by one Grab the book in a panic and thumb through until something sticks out Open the book to a

random page and do that thing However the eff you want; it's your book now

soul space yoga wellness: The Soul Grind Jaydee Graham, 2021-01-15 Jaydee Graham had a golden, idyllic childhood-the youngest child, adored by her parents, her future unlimited. Then a business deal gone wrong plunged the family into difficulties, pushing her father into an addiction that shattered her childhood. When her wild and free spirit clashed with the iron control of family and church, Jaydee went through a series of therapists and hospitals, eventually ending up in long-term residential treatment-all of which alienated her further from her family and drove her into the arms of an abusive boyfriend. Then, when all hope seemed lost, she found a surprising and miraculous source of love that became the ladder out of the hole her life had become. Endlessly surprising, startling and yet oddly hopeful, *The Soul Grind* tells the tale of a fierce and passionate soul grasping to make sense of a senseless world. A must-read for anyone who's survived trauma, addiction or perhaps just adolescence, this book heralds the addition of a thrilling new voice to the recovery canon.

soul space yoga wellness: *Hands Free Mama* Rachel Macy Stafford, 2014-01-07 Discover the power, joy, and love of living a present, authentic, and intentional life despite a world full of distractions. If technology is the new addiction, then multitasking is the new marching order. We check our email while cooking dinner, send a text while bathing the kids, and spend more time looking into electronic screens than into the eyes of our loved ones. With our never-ending to-do lists and jam-packed schedules, it's no wonder we're distracted. But this isn't the way it has to be. Special education teacher, New York Times bestselling author, and mother Rachel Macy Stafford says enough is enough. Tired of losing track of what matters most in life, Rachel began practicing simple strategies that enabled her to momentarily let go of largely meaningless distractions and engage in meaningful soul-to-soul connections. Finding balance doesn't mean giving up all technology forever. And it doesn't mean forgoing our jobs and responsibilities. What it does mean is seizing the little moments that life offers us to engage in real and meaningful interaction. In these pages, Rachel guides you through how to: Acknowledge the cost of your distraction Make purposeful connection with your family Give your kids the gift of your undivided attention Silence your inner critic Let go of the guilt from past mistakes And move forward with compassion and gratefulness So join Rachel and go hands-free. Discover what happens when you choose to open your heart--and your hands--to the possibilities of each God-given moment.

soul space yoga wellness: *Waking Up* Sam Harris, 2015-06-16 Spirituality.The search for happiness --Religion, East and West --Mindfulness --The truth of suffering --Enlightenment --The mystery of consciousness.The mind divided --Structure and function --Are our minds already split? --Conscious and unconscious processing in the brain --Consciousness is what matters --The riddle of the self.What are we calling I? --Consciousness without self --Lost in thought --The challenge of studying the self --Penetrating the illusion --Meditation.Gradual versus sudden realization --Dzogchen: taking the goal as the path --Having no head --The paradox of acceptance --Gurus, death, drugs, and other puzzles.Mind on the brink of death --The spiritual uses of pharmacology.

soul space yoga wellness: *Yin Yoga* Diane Paylor, 2020-02-25 Deepen your practice and find balance--Yin Yoga comes home Expand your yoga journey with a guide to essential yin yoga poses to practice at home, whether you're a beginner or an experienced yogi. Yin yoga is a style of hatha yoga informed by Chinese Daoist practices, with a focus on the meridians and proper alignment. The poses are passively held for 1 to 5 minutes to help strengthen joints, ligaments, and fascial tissues. This user-friendly reference offers just enough philosophy to get you straight to the practice. Artwork and detailed instructions explain how to perform 25 different yin yoga poses and how to string them together into 30 different sequences. The practices are designed to last 10 to 45 minutes, so you can choose how much time you want to spend on the mat. Yin Yoga offers: Reduced stress and anxiety--Yin yoga activates the body's rest and digest response, which lowers your heart rate, increases circulation, and stabilizes breathing for better relaxation. Perennial poses--Seasonal sequences let you tailor your yoga practice to the time of year. Mind and body--The long holds and contemplative nature of yin yoga are also great training for a meditation practice. Unlock the power

of yin yoga with a customizable practice you can do anywhere.

soul space yoga wellness: *Illuminating the Afterlife* Cyndi Dale, 2008-11 We all want to know what happens when we die. According to Cyndi Dale, we don't have to wait to find out. With *Illuminating the Afterlife*, this internationally renowned author presents a compelling investigation of the soul's journey - an evolutionary cycle of birth, death, and rebirth that we travel as we ascend through the spiritual Planes of Light.

soul space yoga wellness: *Minding Mum* Alison Canavan, 2016 A health and well-being guide for new mothers, focusing on the need to look after their own physical and mental health. With chapters on nutrition, exercise, post-natal depression, mindfulness and much more, this is a thoughtful and valuable book that any new mum will treasure.

soul space yoga wellness: *The Soul-Sourced Entrepreneur* Christine Kane, 2020-11-17 Can you succeed in business when your strength is more about sensitivity than swagger? If you're moved by meaning, more than manipulation? In other words: Can you succeed while still being you? Christine Kane is living proof that the answer is yes. Far too many of us have swallowed the notion that business owners have to be a certain way to be successful—strategy-obsessed, data-driven, and relentlessly aggressive. Bookstore shelves are lined with guides for entrepreneurs that urge them to Crush it! 10X It! or Unf**k it! Those who aren't crushers or unf**kers of anything are left wondering if something's wrong with them. Like, maybe they're just not cut out for business. A former songwriter and performer, and then founder of Uplevel YOU—a multi-million-dollar business coaching company—Christine Kane shows a new class of entrepreneurs another way. It's time to connect, not crush. In *The Soul-Sourced Entrepreneur*, Kane shares the insights that have helped thousands find success without losing themselves. In these pages, readers will find a practical plan to:

- Toss out ineffective, old-school goal-setting models.
- Reframe your intuition and sensitivity as valuable assets, not as flaws to hide.
- Examine old patterns for clues as to what's been holding you back.
- Clean up the spaces and distractions draining your energy and power.
- Learn to confidently trust in your own wisdom.
- Break free from fear-based decision-making that plagues most businesses.

Throughout the book, you'll hear stories from other soul-sourced entrepreneurs, who employ their own reliable, unique set of best practices based as much in intuition and self-awareness as on specific skills and strategies. Forget business as usual. Your business is personal, and in this new era, authenticity, creativity, and sensitivity are what set businesses apart. *The Soul-Sourced Entrepreneur* is your unconventional plan to build the business of your dreams, and being wildly successful by being you.

soul space yoga wellness: *A Healing Space* Matt Licata, 2020-11-03 A gifted teacher explores how both hardship and joy can lead us back to the sacredness of ordinary life. What does healing mean to you? For many of us, to “heal” is to solve a problem—to remove an illness, put a trauma behind us, or change something we don't like in our life so we never have to deal with it again. Yet does that idea of healing serve us ... or does it cut us off from life's gifts? “True healing is not a state where we become liberated from feeling, but freer and flexible to experience it more fully,” writes Dr. Matt Licata. “When we experience our suffering consciously, it reveals sacredness and beauty we might not expect. Healing will always surprise us.” With *A Healing Space*, Matt extends an invitation to explore the endless richness of your life—without minimizing or turning away from hardship, nor by seeking the shelter of comfort or certainty. “I do not have any answers for you,” he writes. “Rather, I see my role as helping to illuminate the immensity and even magic of the questions themselves.” On this journey, you'll learn to use new tools and perspectives to find your own sources of guidance, including:

- Slowness—in a speed-obsessed world, rediscover the revolutionary power of slowing down, listening, and letting the fullness of each moment unfold
- Uncertainty—why we often protect ourselves from the unknown at any cost, and how we can gradually learn to open to the gifts of uncertainty
- Alchemy—explore the wisdom of transmutation as an inner process of things falling apart and then coming back together in ways that are more integrated and whole
- Depth Psychology—integrating modern advances in psychotherapy and neuroscience with the timeless power of a soul-based psychology
- Embodied Spirituality—discover the healing potential of an

approach to spirituality that honors the body, emotions, relationships, and the shadow • Love—allow yourself to awaken to the revolutionary call to love and participate in the full-spectrum of life, dissolving the “trance of postponement” with the power of an open heart A Healing Space is not a book to be absorbed and processed in one sitting—instead, you will find yourself returning again and again, whenever your soul calls you to examine, transform, and renew yourself. “At times,” writes Matt, “we need to crumble to the ground at the magnificence of it all, awestruck at the bounty that has been laid out before us. To fall apart. To fail. To get back up. To be humbled again. To start over. To be a beginner in the ways of love. To make this journey with our fellow travelers, and the sun, moon, and stars.”

soul space yoga wellness: *Restorative Yoga for Ethnic and Race-Based Stress and Trauma* Gail Parker, 2020-06-18 Presenting ways in which Restorative Yoga can contribute to healing emotional wounds, this book invites yoga teachers, therapists and practitioners to consider the psychological impact of ethnic and race-based stress and trauma. It aids in the process of uncovering, examining, and healing one's own emotional wounds and offers insight into avoiding wounding or re-wounding others. The book describes how race-based traumatic stress differs from PTSD and why a more targeted approach to treatment is necessary, as well as what can trigger it. It also considers the implications of an increasingly racially and ethnically diverse and global yoga community, as well as the importance of creating conscious yoga communities of support and connection, where issues of race and ethnicity are discussed openly, non-defensively and constructively. By providing a therapeutic structure that assists those directly and indirectly impacted by ethnic and race-based stress and trauma, *Restorative Yoga for Ethnic and Race-Based Stress and Trauma* provides valuable tools for aiding in the processing of stressful experiences and in trauma recovery.

soul space yoga wellness: *Womb Medicine* Sali McIntyre, 2023-10 This is the new revised and extended edition of *Womb Medicine*. *Womb Medicine* is a timely manifesto and clarion call for every woman to look inwards and listen to the wisdom of her own body. It is a book about an ancient form of medicine that has been used by women around the world for centuries to maintain reproductive health. It is also a manifesto to educate, encourage and inspire women to look within and take the steps they need to reclaim their health and wellness on all levels. Yoni means 'sacred temple' in Sanskrit. This gentle healing modality combines the medicinal properties of herbs with the purifying effects of steam to cleanse and detox the yoni. Until recently it was almost unheard of in the Western world. Since 2012 and the resurgence of the Divine Feminine, more and more women have sought and found a greater connection with their Feminine Self and have reclaimed this ritual as a radical practice for womb health and wellbeing. Sitting over a steaming pot of herbs is a gentle way to soothe painful periods, tone and restore vaginal tissues after childbirth, and to address anger and unresolved trauma. It costs next to nothing, especially if you grow your own herbs. Learn how this practice works on both physical and emotional levels and how you can make it part of your self-care medicine kit. Yoni steaming is a ritual that will help guide you back to your sacred womb space. By taking the time to honour your womb you will: * Restore health and balance to your reproductive system. * Discover the inherent magic and creativity of your menstrual cycle. * Enhance the connection to your innate sexual identity. * Give yourself permission to love and forgive yourself.

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practices and philosophy, this book explores liberation for ourselves and others, while asking us to engage in our own agency—whether that manifests as activism, volunteer work, or changing our relationships with others and ourselves. To provide a strong foundation to begin this work, Michelle Cassandra Johnson clearly defines power and privilege, oppression, liberation, and suffering, and invites you to make changes in your life that promote equality and freedom for all. This revised and expanded edition offers journaling practices and prompts in each chapter; includes more material on how power and privilege inform the yoga industry; explains how to integrate justice into teaching the eight limbs of yoga; and offers ways to support people as they move through their resistance and discomfort in the face of injustice. This edition also offers a fuller look at how the yamas and niyamas—the ethical precepts of yoga—can be studied in order to create a more just world, and it offers more support for yoga teachers seeking to radicalize their yoga.

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special, what you can do, what's on its doorstep, and provide booking details to help you find out more or book a visit. Throughout, our wellness authors reveal the health benefits of each activity, while you'll also find out about the world's top ten wellness festivals, yoga and meditation techniques, and healthy smoothie recipes to try at home. About Lonely Planet: Lonely Planet is a leading travel media company and the world's number one travel guidebook brand, providing both inspiring and trustworthy information for every kind of traveller since 1973. Over the past four decades, we've printed over 145 million guidebooks and grown a dedicated, passionate global community of travellers. You'll also find our content online, on mobile, video and in 14 languages, 12 international magazines, armchair and lifestyle books, ebooks, and more. Important Notice: The digital edition of this book may not contain all of the images found in the physical edition.

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