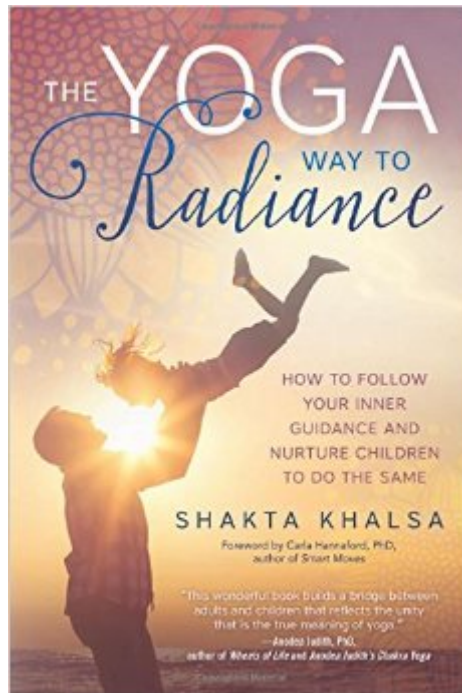


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# The Yoga Way To Radiance: How To Follow Your Inner Guidance And Nurture Children To Do The Same



## Synopsis

In the pages of this book, I'm inviting you to step into a radiant flow of living. Here we'll create space to explore a new vision of your relationship with these bright souls that we call children.

Shakta Khalsa Join author Shakta Khalsa on an experiential journey, exploring yoga-based tools to help you embrace your true self and live with wonder and joy as you care for the children in your life. *The Yoga Way to Radiance* has been written with the intention of helping you—whether you're a parent, family member, teacher, therapist, or caregiver—reclaim your authentic self while also helping the children around you stay connected to their own inner radiance. With Shakta's guidance, you'll discover:

- Fun, effective yoga exercises and meditations for children and adults
- Ancient wisdom and leading-edge teachings to help children be the radiant beings that they are
- Techniques for staying connected to your inner self while meeting challenges with children
- Tips for the art of deep listening and neutral, friendly talk
- Natural discipline that uses the magic of imagination and natural consequences
- How to place trust in a child's natural self-correcting abilities

Praise:

## Book Information

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## Customer Reviews

This is a beautiful book and Shakta is a fabulous teacher. After reading, *The Yoga Way to Radiance*, I want to buy this book for every mother, teacher, or anyone who works with children. I found that after reading this I interact with children from a more honest place. It helped me release internal issues. This book will change how children respond to adults and how adults respond to them. My wish is especially for every mom to read this book. The world will be a more beautiful

place. Thank you Shakta, for your wisdom with children.

The Yoga Way to Radiance is a must read! I started reading it and was not been able to put it down. The way Shakta Khalsa so skillfully writes about the science of Yoga and how living Yoga can be transformative..benefitting children on a developmental and deeply soulful level. Shakta beautifully weaves in science, statistics and research to support her findings: her own very personal and poignant journey in pursuit of self evolution...as well as other people's life experiences in such a detailed and brilliantly comprehensive way. You will easily find effective yoga exercises, meditations, techniques to help adults stay connected to their own authenticity-inner self to enhance and nurture their own interactions with children. The Yoga Way to Radiance is beautifully written and is an extraordinary book. I highly, highly, highly recommend!!!Suzanne Silver, LMSW, Healer and Yoga Teacher

Far beyond a parenting book, Shakta shares insight, wisdom and practices to expand our experience in any human relationship, even our relationship to ourselves. Through personal experience, and stories from others who have followed in the path of opened perspectives and authenticity, the reader is given clear examples of how the tools have worked and how you can explore them as well. Get ready to connect to yourself, your children and any other human being in a whole new, loving and radiant way.

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