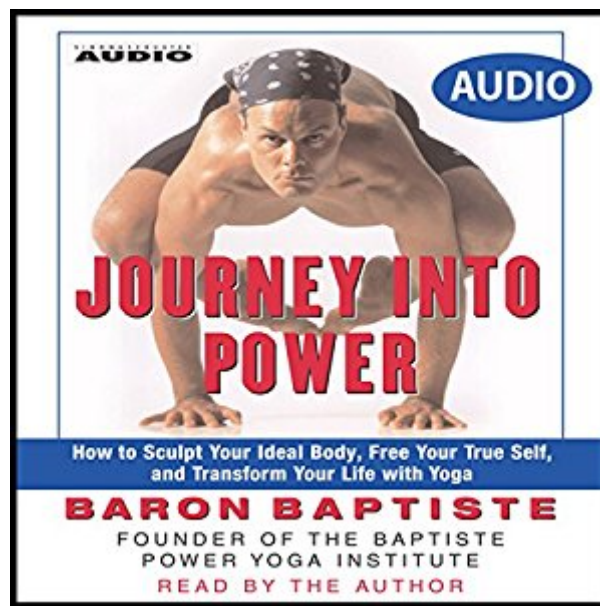


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Journey Into Power: How To Sculpt Your Ideal Body, Free Your True Self, And Transform Your Life With Baptiste Power Vinyasa Yoga



Synopsis

Wake up the power inside and turn your life around! Whether you are looking to lose weight, trying to increase your strength and stamina, hoping to sharpen your mental edge, or seeking to go deeper within, Journey Into Power can take you there. Baptiste Power Vinyasa Yoga isn't just the ultimate workout, it's the ultimate life transformation program. In this unique and inspiring audiobook, Baron Baptiste brings us the same revolutionary program for body, mind and spirit that has changed the bodies and lives of Hollywood celebrities, all-star athletes, and thousands of people just like you. Baptiste shows us that the key to true power is not to chase an ideal version of ourselves, but to reveal the perfect self already within. Using his wildly popular weeklong bootcamps as a model, Baron has developed a long-term program that anyone can use to shed excess stress, weight, and emotional baggage to emerge lighter, leaner, and empowered. Here are just some of the benefits: Strong, lean muscles and a shedding of unwanted pounds. Arms get toned, buns get tighter, abs get sleeker. In time, you awaken in a whole new body. Laserlike mental clarity and focus. An easy release of the beliefs and habits that hold you back. An inner oasis of calm and composure, even in the midst of chaos. Inspiration to live authentically every day of your life. Baptiste Power Vinyasa Yoga is the ultimate commitment that yields the ultimate transformation. It heals, detoxifies, and electrifies body and mind at their deepest levels. You will find your true strength, your real self, and a new way to live that is both authentic and joyfull! --This text refers to an out of print or unavailable edition of this title.

Book Information

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Customer Reviews

I've been doing Yoga daily for over 7 years and have a library full of books and videos pertaining to yoga. "Journey Into Power" is perhaps the most useful of all of my books because it is real-life practical. It is written in a way that gets to the heart of Yoga so that folks like myself (with real life jobs and families) can actually incorporate and benefit from his approach. This is not a book that is just a bunch of philosophical theory, but rather an approach to Yoga and life that is easy to practice daily. I'm 45 years old and I'm in the best shape of my life thanks to Yoga in general and Baron's work in particular. A MAJOR key to this is the approach to nutrition that Baron clearly lays out (it is NOT a diet, just a common sense approach to nutrition which is very easy to follow). I now have incredible amounts of energy. Before I started to eat in the way he recommends, I could only do a Power/Vinyasa practice a few times a week and alternated with a more gentle practice. Since incorporating his dietary principles I've been able to have the energy to do some form of Power Vinyasa Yoga almost EVERY day and my more gentle practices are quite rare. Just for the record, I generally do between 30 minutes to hour or so of Power Vinyasa Yoga 7 days a week, it's rare that I can do the 90 minutes Baron says is the ideal amount, but he also stresses that it's better to do "a little yoga a lot rather than a lot of yoga once in a while". Trust me, if you do even 20 minutes every day you'll have life changing results. Anyway, The increase of energy that I now have has been an earth shattering breakthrough for me.

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