



My Yoga Journal: Guided Reflections Through Writing

Victoria Moran

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One of today's fastest-growing fitness forms as well as one of the most popular ways to integrate mind, body and spirit, yoga is the perfect topic to foster self-discovery and personal growth through the medium of a journal. In My Yoga journal, author Victoria Moran guides readers through the process of discovering, or pushing more deeply into, their practice of yoga. Readers will focus on ways to get more out of a yoga practice. The inspiring tone of the book helps readers establish and maintain an active yoga practice, leading to personal insights through observations and questions to consider before, during and after every physical session.

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