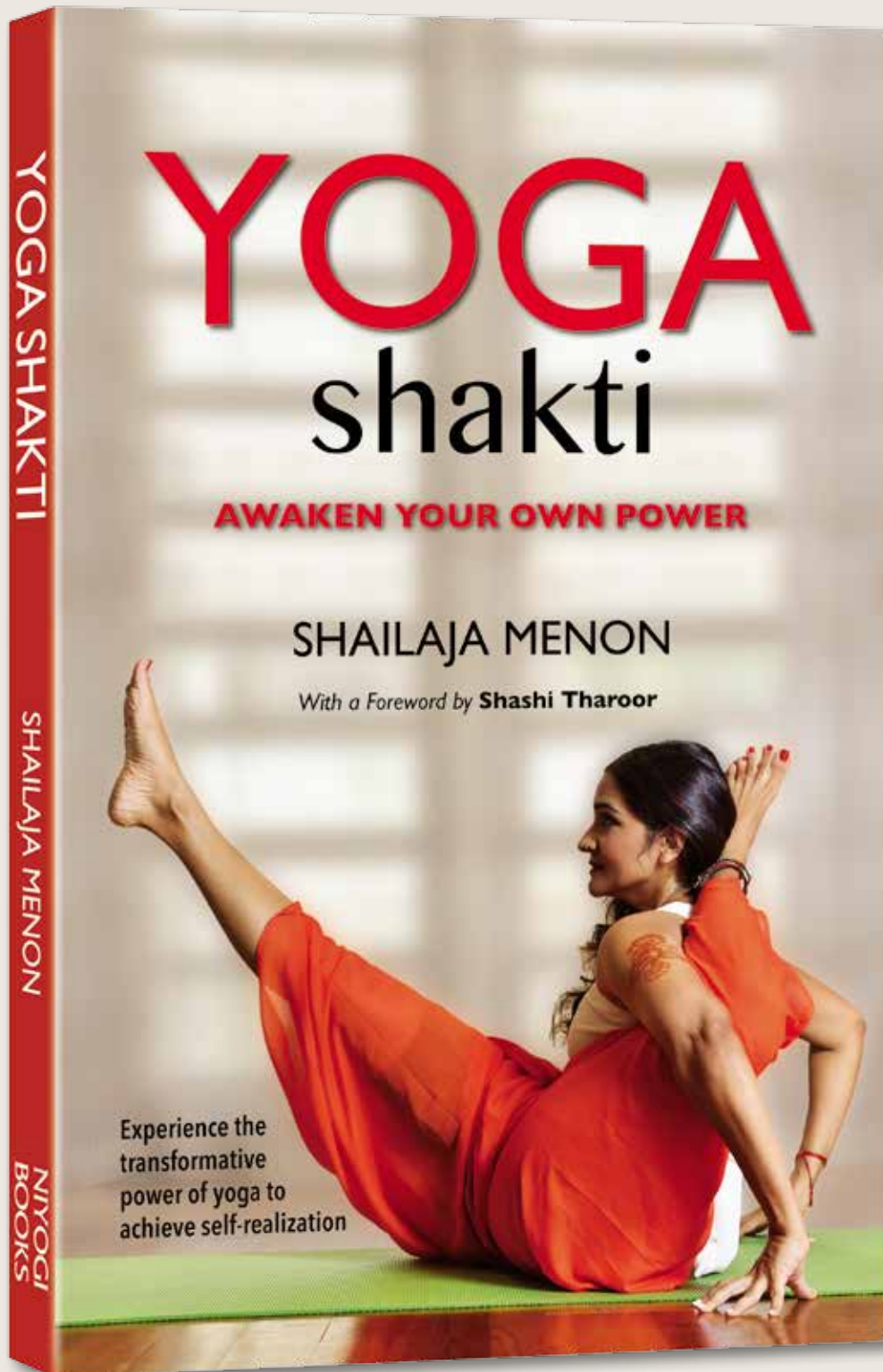


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YOGA

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AWAKEN YOUR OWN POWER

by
Shailaja Menon

HEALTH/YOGA/SELF-HELP

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Most people nowadays think of yoga as a class where you learn to twist your body into different asanas. However, the ancient philosophy of yoga is so much more than a mere physical activity, and needs to be better understood in order to fully benefit from it. In *Yoga Shakti*, Shailaja Menon not only explores the physical benefits of practising yoga, but the spiritual and mental fulfilment one gains from this practice as well.

Using personal experience as a driving force, Shailaja explains the origins of Manasa yoga in a way even laymen can understand, and recommends daily exercises to help introduce beginners into the world of yoga. The author discusses how negative feelings like anger, depression, and anxiety lead us to lose the power we have in our own lives, and explores how yoga can help us regain this power and achieve self-realization. This book is the genuine expression of an author who has greatly benefited from practising yoga, and wants to share this knowledge with those who seek to do the same.

Experience the transformative power of yoga to achieve self-realization.

Yoga Shakti teaches you not just to practice yoga, but to live it in your everyday life.

Learn to overcome negative life patterns and empower yourself through Manasa yoga.



Shailaja Menon is a certified Manasa yoga teacher, speaker, and freelance writer/editor based in Malaysia. She

has over 18 years of experience in yoga, both as a teacher and as a practitioner, and teaches at her studio, 'Mat & Beyond Yoga Studio' in Malaysia. Her ability to translate the practice of yoga from mere shapes on a mat to a living, breathing philosophy and way of life is what makes her classes, writings, and perspectives so insightful. Through this she is able to transform and elevate an individual's life at every level—physical, mental, emotional and spiritual.

Yoga Shakti by Shailaja Menon should be read by everyone who wants to realize their own potential to live life happily, cope with life's challenges and realize their potential for deep and lasting joy.

—Shirley Telles, Director,
Patanjali Research Foundation

