



Yogagenda 2014 (Paperback)

By Elena Sepulveda

Yogagenda, United States, 2013. Paperback. Book Condition: New. 210 x 148 mm. Language: English . Brand New Book ***** Print on Demand *****.YOGAGENDA 2014 Introspection and daily life routines come together in this unique publication which is at the same time a YEARLY PLANNER, a YOGA HANDBOOK and a JOURNAL. Its calendars allow users to plan their days while drawing on inspiration from its yoga writings and beautiful images; its journal pages provide further space for notes, drawing, journaling. Yogagenda 2014 is a valuable tool to help us manage that precious resource: TIME.

Yogagenda 2014 includes: Year-at-a-glance calendars Monthly calendars with notes space Spacious weekly calendars on two pages Information on moon phases, solstices and equinoxes, eclipses In-depth articles about different aspects of yoga 12 asanas explained in detail Yoga festivals and celebrations around the world for the current year A chapter of Pantanjali s Yoga Sutras One great asana sequence Sanskrit Glossary and Asana Index for quick reference Blank pages for notes, journaling, drawing, etc.



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