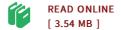




One Minute to AMA-Zen: A Christian Guide to Yoga (Paperback)

By Kimberly R Snell

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. This powerful book combines gentle yoga poses with Scripture to create the ultimate mind, body and spirit experience. One Minute to Ama-Zen is perfect for the beginner yogi. Readers will be introduced to simple beginner yoga poses complete with modifications. These beginner yoga poses allow the reader to increase flexibility and strength while focusing on deep breathing. The gentle yoga poses also make it easy for the reader to meditate on specific Scripture and connect spiritually with God. One Minute to Ama-Zen is the perfect book for Christians and people of faith who are looking to deepen their devotion time. The author has perfectly united meditation of faith and God s word with beginner yoga poses. Unlike any other book, One Minute to Ama-Zen will have you speaking and meditating on God s Word as your body physically interprets the words. Your mind, body and spirit will be in total agreement like never before. It s time to feel Ama-Zen!!!.



Reviews

The very best publication i at any time read through. I actually have go through and i am confident that i am going to planning to read through once more once more down the road. I found out this ebook from my i and dad advised this publication to learn.
-- Emie Wuckert

I actually started out looking at this book. It really is rally interesting throgh studying time period. I am just happy to inform you that here is the greatest ebook i have read through within my personal daily life and could be he best book for possibly. -- Miss Myrtice Heller