



# Manifest: 30 Days of Intentional Mantras

*Kelley Carboni-Woods*

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## **Manifest: 30 Days of Intentional Mantras** Kelley Carboni-Woods

Mantra translates to mind instrument or mind protection. The use of mantras dates back over 3000 years and is a transformative way to shift our thoughts, words and deeds. Kelley Carboni-Woods shares a collection of 30 mantras directly from her teaching and personal yoga practice. Each mantra includes simple ideas of how to apply them to our daily lives. Through practice we can begin to manifest a life that is full of joy, peace and freedom.

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