



# Emotional Yoga: How the Body Can Heal the Mind

*Bija Bennett*

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## **Emotional Yoga: How the Body Can Heal the Mind** Bija Bennett

Drawing on her extensive training in yoga therapy, dance, and meditation, Bija Bennett has created a groundbreaking yoga program that takes full advantage of the body-mind connection.

Based on the classical eightfold path of yoga, *Emotional Yoga* offers a broad range of simple body-mind techniques that can positively affect our emotional well-being, including the dynamic interplay of movements, breathing exercises, meditations, lifestyle skills, rituals, gestures, and healing sounds. Each technique is presented in a way that is true to Bennett's background in the tradition of Viniyoga, which allows the reader to adapt the program to his or her specific needs.

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