



Waking Energy: 7 Timeless Practices Designed to Reboot Your Body and Unleash Your Potential

By Jennifer Kries

Harperelixer, 2017. CD-Audio. Condition: New. Unabridged. Language: English . Brand New. Modern life is stressful and depleting. We all want more energy, but choosing among the variety of wellness practices can be overwhelming. Now, with Waking Energy, Jennifer Kries's life-changing wellness program, you don't have to. Instead, Waking Energy features seven distinct practices that can either stand alone as their own complete rituals, or as parts of a whole, including: QiGong - Kundalini Yoga - Yin Yoga - Vinyasa Yoga - Five Tibetans - Pilates - Inner Smile - Healing Sounds - Meditation. Combining the best of Western athleticism, Eastern philosophies, and ancient practices from the greatest wisdom traditions, Waking Energy invites you to develop a level of energy mastery that will empower, enliven, enlighten and engender true transformation in your health, spiritual richness, and longevity and: develop the body you've always dreamed of; liberate the hidden power of your mind; find the peace of mind you crave; unleash focus and concentration; learn the tools to live your very best and longest life. Each chapter focuses on one tradition, succinctly explaining the historical background of the practice; its philosophy; the relevant exercises and movement sequences (illustrated with photographs of Jennifer demonstrating...



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