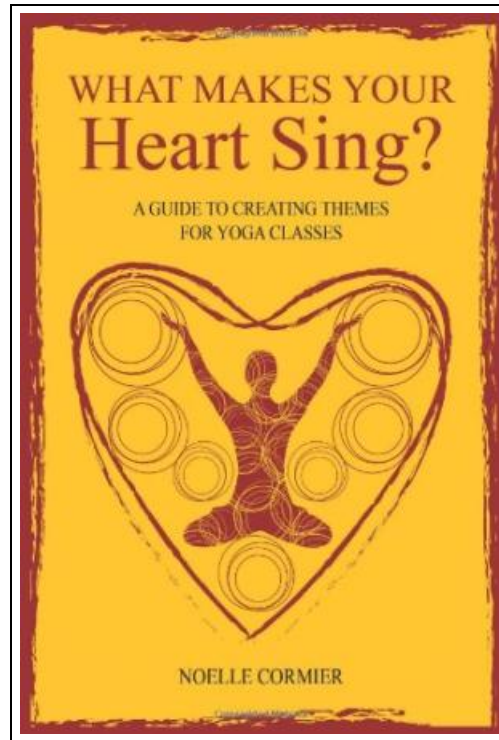


## What Makes Your Heart Sing?: A Guide to Creating Themes for Yoga Classes



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(Mrs. Maybelle Gleason DDS)*

## WHAT MAKES YOUR HEART SING?: A GUIDE TO CREATING THEMES FOR YOGA CLASSES



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Friesenpress, United States, 2013. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. In a time where the meaning of yoga in the Western world has become yet another way to exercise and the push to make yoga a business has materialized, instructors today must reconnect with the hearts of their students, revisit their purpose for teaching yoga and review their interpretation of this ancient practice. How do yoga instructors awaken the hearts of their students? By connecting yoga's physical postures with spiritual significance through theme. By asking the question: What makes your heart sing? this book will guide instructors to create heart-opening theme-based classes by using a model that includes lesson plans designed to target four types of learning preferences. As instructors develop their class lesson plans and themes, meaningful connections will be made with the entire class and soon, hearts will sing!.



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