



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

Jennifer Kries , Tbd (Reading)

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Internationally renowned mind-body-spirit innovator and fitness and wellness expert Jennifer Kries offers a groundbreaking synthesis of the greatest wisdom traditions of the East--from QiGong to yoga--to help readers reboot energy reserves and unleash their potential.

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, her 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; master 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 the postures)--and includes a quick reference guide for daily practice. Jennifer also offers step-by-step advice for combining the techniques to truly transform your health, fitness, spiritual insight, and longevity.

With simplicity, clarity, and grace, Waking Energy shows you how to experience a joyful connection to yourself and tap into an astonishing reserve of power to create your healthiest, most vibrant self.

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

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Author : Jennifer Kries , Tbd (Reading)

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From Reader Review Waking Energy: 7 Timeless Practices Designed to Reboot Your Body and Unleash Your Potential for online ebook

Linda says

Jennifer introduces the reader to the modalities that have changed her life: Qigong, Kundalini, Tibetan Rites, Pilates, Yin Yoga, Cosmic Healing Sounds, and Meditation. Illustrations (or an accompanying DVD) would have been helpful, but since I got this as an electronic ARC from Edelweiss, it's possible that these may indeed be included in the book when published.

Jennifer says

I love finding new way to help me deal with stressors in my life. This book not cd format offers so many options to practice when one is not enough.

Pro Mukherjee says

Nice summary with step by step instructions on different mind-body practices along with an understanding of why / how these might work.

Allows a perceptive reader to see how these interconnect. Enjoyed the book.
