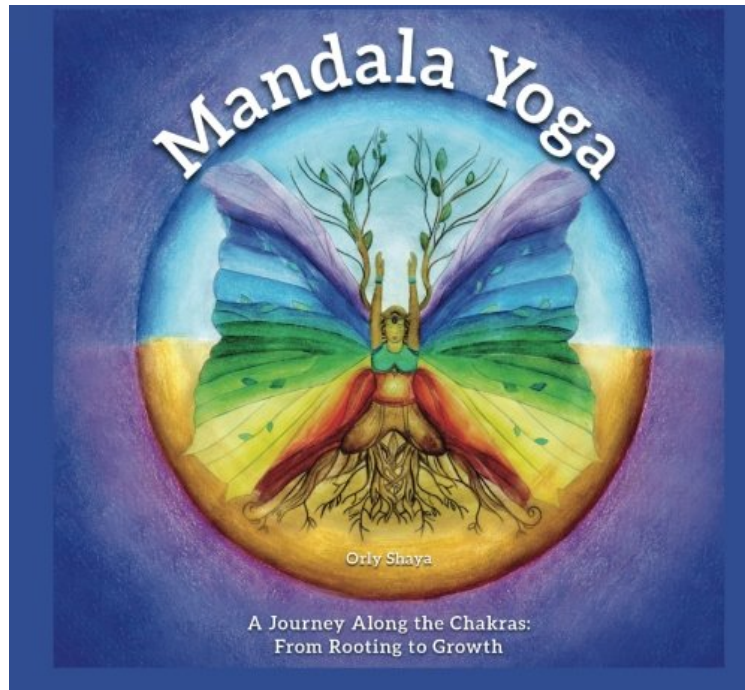


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Mandala Yoga - A Journey Along the Chakras: From Rooting to Growth

Orly Shaya

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keren[[VIDEOID:b5f40e70f575847f45e51abd079579da]]What a fantastic book!It has just arrived the other day and I am already deeply submerged within it's graceful magic.This book is not only enlightning in a very acceable way, it also appeals to both my inquisitive adult and my inner child.Thank you Orly Shaaya for publishing this!3 of 3 people found the following review helpful. Even for adults :)By Yuval ShaiaGot the book few days ago and can't leave it since then.Originally I bought this book for my 10 year-old daughter but surprisingly i found my self using it a lot myself.With such a demanding life (work, kids, ...), i just love it at evening, when all went sleeping, then i open the book and taking the time to relax.Highly recommended!0 of 0 people found the following review helpful. Great find!!!!By JkGreat information on the chakras and yoga, in a clear-cut simple way. The book is written from the heart in a straight forward manner. Simple and not overwhelming, yet contains everything you need to know. I personally won't use the coloring portion, but it is a nice option. Will utilize the information in my home yoga practice.

Focus Your Creative Presence

About the Author Orly Shaya is a wife and a mother, a multi-dimensional artist, an avid weaver, and a passionate lover of outdoor living, in one with nature. Orly is a healer, using reflexology, reiki (master), Bach Flowers, aromatherapy, rebirthing, Ayurveda, nutrition, intuition and above all, Yoga. Since she was first exposed to Yoga in 1996 in Israel, she was ordained as a teacher by the Shivananda International Institute in India, and has trained in various methods of Yoga with some world renowned teachers. After many years of teaching Yoga herself and through her personal healing journey, Orly has grown to integrate her own particular form of Yoga, which she calls 'Yoga Mandala'. Yoga Mandala was born out of Orly's classic story of the wounded healer. A car accident in 2002 left her with surgically fused vertebrae in the neck, that for a couple of years plagued her with severe pain. The pain became her greatest teacher, directing her to focus and sense the space that opens in the micro and cellular level of the body through consciously moving with breath. In the last five years she has been teaching a two-year teachers training course in Yoga Mandala and her book of the same name has just been released and is available in book stores, yoga centers and on .com She is now developing a set of healing Yoga Mandala practice and guidance cards, soon to be manufactured.