

# 20 MINUTE BEGINNER'S YOGA ROUTINE

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RECLINING HAND TO BIG TOE

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LEGS UP THE WALL

# Yoga For Beginners Best Returns

**Christopher B. Soltis**



## **Yoga For Beginners Best Returns:**

**Return to Spirit** Christopher B. Soltis, 2019-05-14 Life doesn't come with an instruction manual. We are all born with different circumstances and opportunities and learn from our mistakes and experiences. The knowledge and wisdom gained are invaluable and make us stronger in mind, body, and Spirit. Chris details navigating obstacles of alcohol and drug abuse, severe depression, heart break, and loss from a long-term relationship, being near bankruptcy, and just about wanting to throw in the towel altogether. The only way out is through. This book gives his personal account of spontaneous Kundalini Awakening, which is the physiological mechanism of union of mind, body, and Spirit. Through a disciplined approach to wellness, yoga, and self-inquiry on such topics relating to Spirit, yoga, culture, society, history, philosophy, psychology, relationships, religion, freedom, genetics, evolution, mathematics, numerology, science, energy, astrology, love, paradise, eternity, consciousness, and the universe, Chris established the connection with the subtle body through his energy centers, chakras. His story is there to assist any reader in making the same connection and progressing on the path of spiritual growth and development.

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