

In-demand celebrity yoga teacher and fitness guru Maya Fiennes brings her upbeat, inspirational style to a yoga instruction guide, incorporating song, chanting, breathing, and movement. The effervescent, charismatic Maya Fiennes introduces her method of Kundalini yoga, shares her life story, and reveals the secrets that have helped her and her students to manage the stresses and strains of everyday life. Kundalini is a very direct form of yoga with an immediate effect, combining movement, breathing, and chanting to energize the body and relax the mind, while strengthening the body's nervous and immune system. Through a lively combination of yoga poses and exercises, recipes, massage tips, mantras, and personal stories, Maya demonstrates how yoga practice and philosophy can effectively be incorporated into all aspects of everyday life. Covering such topics as self-esteem, staying youthful, love, and relationships, this is a book for your handbag, your desk, and your bedside table: your indispensable guide to achieving the most from your daily life for the rest of your life.

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