



Energy Medicine Yoga: Amplify the Healing Power of Your Yoga Practice

Lauren Walker

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What is it that makes yoga practitioners feel so good after a session—more so than after other kinds of exercise or stretching? "Yoga was created to directly stimulate and move us at the energetic level," teaches Lauren Walker. Yet many of us don't have the time to spare for the kind of extensive regular practice we'd need to gain the full benefits yoga was meant to offer. That's why Walker created *Energy Medicine Yoga*—a breakthrough book that combines yoga with the most effective techniques of energy medicine to vastly increase the healing power of your practice.

Created for yoga practitioners of any background or experience—even complete newcomers—this clear, easy-to-use guidebook features:

- Energy medicine essentials—key concepts about your subtle anatomy and its profound influence on your physical, emotional, and spiritual health
- An eight-week learning plan for working with your body's energy systems—with practices focused on your meridians, chakras, vibrational field, and more
- Power poses—the most valuable "if you do nothing else, do these" techniques for each of your body's energy systems
- The 20-minute template—putting it all together to create your own custom-made, supercharged daily practice

Lauren Walker has adapted the renowned energy medicine methods pioneered by her own teacher, Donna Eden, so they integrate seamlessly into yoga movements and postures. "Energy medicine yoga teaches you to take the things you're doing now, layer them together with complementary techniques, and exponentially increase the benefits of your practice," Walker explains. "You'll learn to work smarter, not harder—so you can have a healthy body full of energy, zest, and joy for what life has to offer."

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