



For the Love of Food and Yoga: A Celebration of Mindful Eating and Being (Hardback)

By Liz Price-kellogg, Kristen Taylor

Skyhorse Publishing, United States, 2015. Hardback. Condition: New. Language: English . This book usually ship within 10-15 business days and we will endeavor to dispatch orders quicker than this where possible. Brand New Book. Written by a yoga student and teacher, For The Love Of Food And Yoga: A Celebration Of Mindful Eating And Being is a visually rich exploration of how the inner awareness we develop on our yoga mats fuels our bodies, minds and overall states of well-being, which subsequently impacts our lifestyles and food experiences. This book is comprised of 100 YogiBites --a collection of time-tested yoga teachings--paired with 100 original, soul-satiating recipes that are vegetarian, vegan, or raw. A handful of the playful and thoughtful recipes that will encourage us to eat, feel and live well include: * So Hum.Mus, * Conscious Chicks * Hatha Hot and Sour Soup * Reuben Revelation * Warrior Noodle * Bird of Paradise Pina Colada * Buddha Brussels * Twisted Tacos * Delightfully Silly Snow Cones The book s forward is written by David Swenson, recognized today as one of the world s foremost practitioners and instructors of Ashtanga Yoga.



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Reviews

This composed book is excellent. This really is for all who stante that there had not been a worth reading through. Your life period will probably be change as soon as you total looking over this ebook.

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The book is fantastic and great. I have go through and i also am certain that i will planning to read through once more once more down the road. Its been printed in an exceedingly simple way and is particularly simply after i finished reading through this publication through which really changed me, change the way i think.

-- **Hank Powlowski**