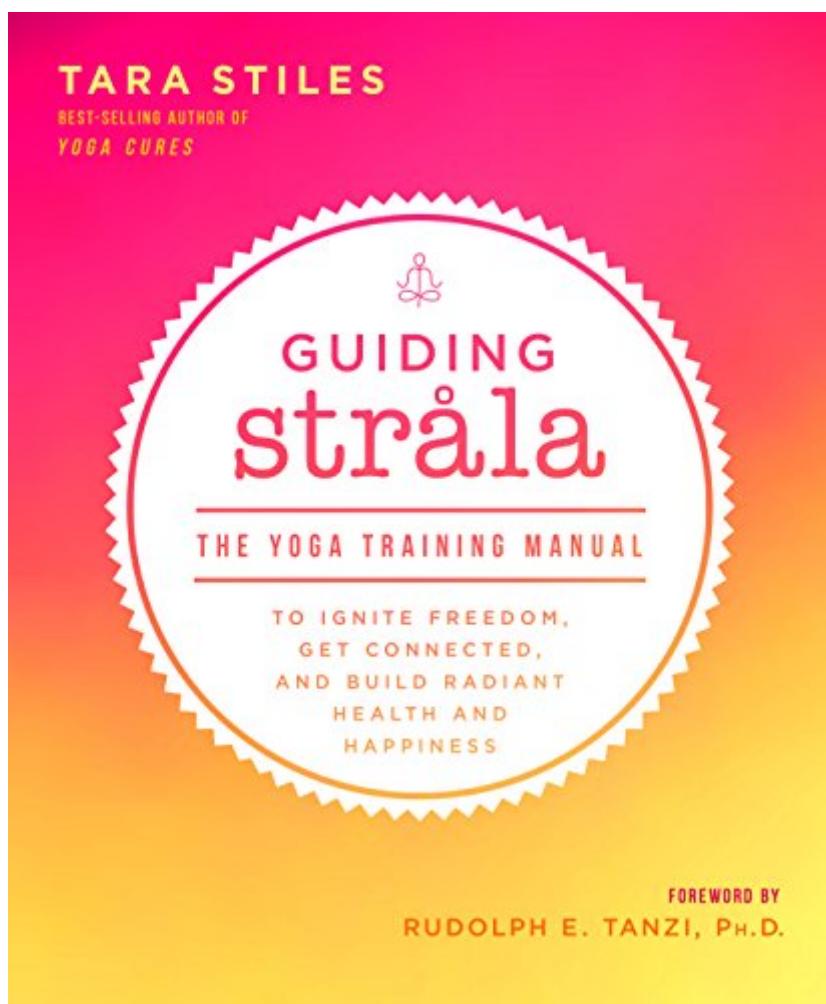


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# Guiding Strala: The Yoga Training Manual To Ignite Freedom, Get Connected, And Build Radiant Health And Happiness



## Synopsis

GIVE YOURSELF AND OTHERS THE GIFT OF RADIANT HEALTH AND HAPPINESSStrala teaches us to release the stress that inhibits our bodies, our minds, and our lives. It begins with a mind-set that drops the myth of no-pain no-gain, and says our best way to get where we're going is to feel good along the way. It works miracles for our whole health, as we unblock our energy and bring our entire self into harmony. And we discover how to accomplish far more, by learning to approach challenges in an easygoing way.Guiding Strala is an insider's manual that reveals the approach and practices behind Strala's worldwide Leadership Training Program. Whether you're looking to lead yoga in any style, or find inspiration and guidance for your work, your relationships, or your family, you'll gain an incredibly effective road map for accomplishing more than you ever dreamed possible.Special features include:Specific techniques for dropping stress, and taking extremely good care of yourselfPowerful ways to form a positive connection with yourself, and with everyoneNatural movement practices to greatly elevate your capacity for challengePractical approaches for leading a class, including how to give people freedom for self-discovery, within a structure that leads to progressTips for how to create and grow a business that uplifts youContributions from Strala co-founder and mind-body medicine practitioner Mike Taylor, and renowned shiatsu healer Sam BerlindGuiding Strala gives leaders in every field an indispensable toolset for uncovering their own greatest potential, and helping the people they lead to do the same.

## Book Information

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## **Customer Reviews**

Movement + Ease = Sustainability. We have everything we need inside of us to heal ourselves. This is an informative and inspiring Guidebook put together mindfully. Tara's approach resonates with me on every level. It's smart well laid out and sometimes even funny. I found myself giggling on several occasions. If you are interested in yoga, in a teacher training or have practiced for years I believe this a must in your library.

This is the best book on yoga and philosophy that I have read. Move with ease and life is beautiful. Read this and your life will change.

This book is everything you need to comprehend the strala philosophy, system of guiding & so much more.

I bought this book because it sounded interesting. I am kind of new to yoga and yoga philosophy. I read a few books on it and I'm interested in learning more. This book was not helpful at all. I must admit I was new to strala yoga. The book really doesn't say anything in particular. The author spent a lot of time saying the same things over and over again. Basically work on your breath work and make life easy for yourself. Even your yoga practice should be easy and enjoyable. So basically everything in life should be easy and enjoyable. This may work for the author who sells these books to people like me. But there was really no justification for this philosophy nor did she provide any believable or concrete steps on how one goes about making life easy. Maybe smoke some pot, I don't know. Anyway thank god this only cost me two dollars on Kindle.

I don't think anyone could read this book and not recognize it as a series of great truths being shared for the benefit of all beings. I suspect most people around the world would like to live with a greater sense of peace, joy, health and ease in their lives, and this book supports all of this, for everyone!Life is short, and each day we have many choices about how good it will feel to be alive.

When it's all over, we want to feel that we have truly lived, that we've been present in each moment. This book is a remarkable map for the road-trip of our lives! Enjoying the ride begins inside of you and this book will show you how!

I have been teaching yoga for 6 years and found this book to be a useful tool when designing classes. Love Tara's laid back style and philosophy. Yoga does not need to be a struggle to be effective, you don't have to beat up your body in order to get results!Thanks for sharing this manual Strala!

Really great yoga book. I'm just getting into it but I also have other books by Tara and I really like her relaxed style of yoga. Worth getting for sure!

Love so much

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