

(Mobile book) Heartbeat A Yoga Symphony Mixtape

Heartbeat A Yoga Symphony Mixtape

Von Stefanie Honeder

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BY STEFANIE HONEDER



Produktinformation -Verkaufsrank: #738822 in eBooksVerffentlicht am: 2015-02-26Erscheinungsdatum:
2015-02-26File Name: B00U16T85G | File size: 39.Mb

Von Stefanie Honeder : Heartbeat A Yoga Symphony Mixtape before purchasing it in order to gage whether or not it would be worth my time, and all praised Heartbeat A Yoga Symphony Mixtape:

KundenrezensionenHilfreichste Kundenrezensionen0 von 0 Kunden fanden die folgende Rezension hilfreich. Wow! What a flow! And resonance. What a courage to express yourself and be(come) yoga-yourself... CAN'T STOP reading this bookVon Tomas EichlerWow! What a flow! And resonance. What a courage to express yourself and be(come) yoga-yourself... CAN'T STOP reading this book (so far half-way through), although I don't have much time to read these days.This book reminds me of the playful recital "Can't Stop" by Red Hot Chili Peppers with "More Than Words" spirit by Extreme. Because, at the first sight it looks like lacking a structure - as if the verses were thrown all

over the place. However, their layout provides functional highlights of thoughts, which are pretty deep. They are organized in modules standing on their own while they flow in the stream of consciousness. Therefore it does not matter too much if you read the book at a random page, or from cover to cover - as the author instructs in the foreword. Despite this, and maybe even thanks to this almost unstructured composition and mild repetitiveness with variations, she offers deep yet playful and digestible poetic contemplations with which yoga can provide us. Captivating and fascinating, she grabs you in medias res in verses cut like a photograph through the objective of an essay. One can perceive her heART echoing in the uni-VERSES (to paraphrase the author a bit) in which she approaches the legacy of intersecting "Book Of My Life", "Sacred Love" and "Shape Of My Heart" by Sting, as it seems to me. I can literally feel the vibrations of Sting combined with Anoushka Shankar in these. I believe everyone's mind playlist can emerge while experiencing this book. Even though I was at first a bit skeptical about the seemingly long stretches of ideas, I can see them now as short and sweet. In a playful way she inspires to the further reading of more demanding stuff. What a groovy introduction to the yoga philosophy! I would like to thank the author for the book that drags me into the moment and helps me realize some yoga messages from a different angle. I would recommend this book to everyone who enjoys the flow of thoughts getting under (y)our skin. I can't wait to continue reading it and joining its beat. Tomas Eichler (Neurogeneticist and Yoga addict)

Kurzbeschreibung Your heartbeat is an experimental poetical symphony mixtape. Your own heart and life process is a felt experience of what the transformative force and tool of yoga can and could be (come) for you and others. This book is connecting threads of yoga's creative sparks to encourage everyone to follow their heartbeats and visions. It is encouraging you to live your life aligned to your heartbeat and as a creative experiment. It is dedicated to the art of creating something from nothing, dedicated to music and all art forms. It is dedicated to your truth. May you be supported on your path, while you keep listening to and following your heartbeats.

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ber den Autor und weitere Mitwirkende Stefanie Honeder: Stefanie Honeder is an author/poet and yoga teacher specializing in creativity coaching. She studied Fine Arts at the Academy of Fine Arts in Vienna from 2005 till 2010. By 2009 she was attending the Bezalel Academy of Arts Design in Jerusalem. She began to deepen her interest into art as a transformative tool, while studying Art Communication and Psychology in Vienna as well. She finished a "Creativity Coaching Training" with Eric Maisel and the course "Writing Your Practice" with yoga teacher and artist Susanna Harwood Rubin. Since 2010, she has advanced and cultivated her expertise through Yoga Teacher Trainings, such as: YOGALIFE, Yoga for Kids, Yoga Therapy with Jordan Bloom and Doug Keller, an intensive training with Katchie Ananda focusing on dharma, a Yoga Psychology Training with Sianna Sherman, Dr. Ronald Alexander, Ashley Turner, Theodore Kyriakos and Yogabeats with David Sye. She embraces that Yoga brings us back to a natural state of unfolding our potential and life.