



# Walking Yoga: Incorporate Yoga Principles into Dynamic Walking Routines for Physical Health, Mental Peace, and Spiritual Enrichment

*Ila Sarley*

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## **Walking Yoga: Incorporate Yoga Principles into Dynamic Walking Routines for Physical Health, Mental Peace, and Spiritual Enrichment Ila Sarley**

Improve your health, vitality, relationships, and self-awareness with this stimulating new exercise program. For centuries, Westerners and Easterners alike have embraced the discipline of yoga as a way to physical health and spiritual fulfillment. More recently, fitness experts everywhere have recognized walking as one of the most beneficial (and least injurious) aerobic exercises. Now Ila and Garrett Sarley teach you how to combine both activities for a routine that will rejuvenate your spirit and calm your mind, while improving your cardiovascular system. You'll learn the basics of yoga -- the principles, postures, and breathing techniques -- and how to apply them to dynamic walking routines -- transforming a simple, natural activity into a centering, strengthening, and integrating experience. You'll also be taught: - The five types of walking yoga- Hatha yoga -- to stretch and strengthen the body- Mantras (chants) to center and calm the spirit- Chakra visualization to strengthen your body's seven centers of power- An approach to exercise that will ensure lifelong regular practice. Filled with tips, techniques, and illustrative examples taken from the authors' own lives, "Walking Yoga" will show you how to live in the moment -- and how to get the most out of each moment you live.

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