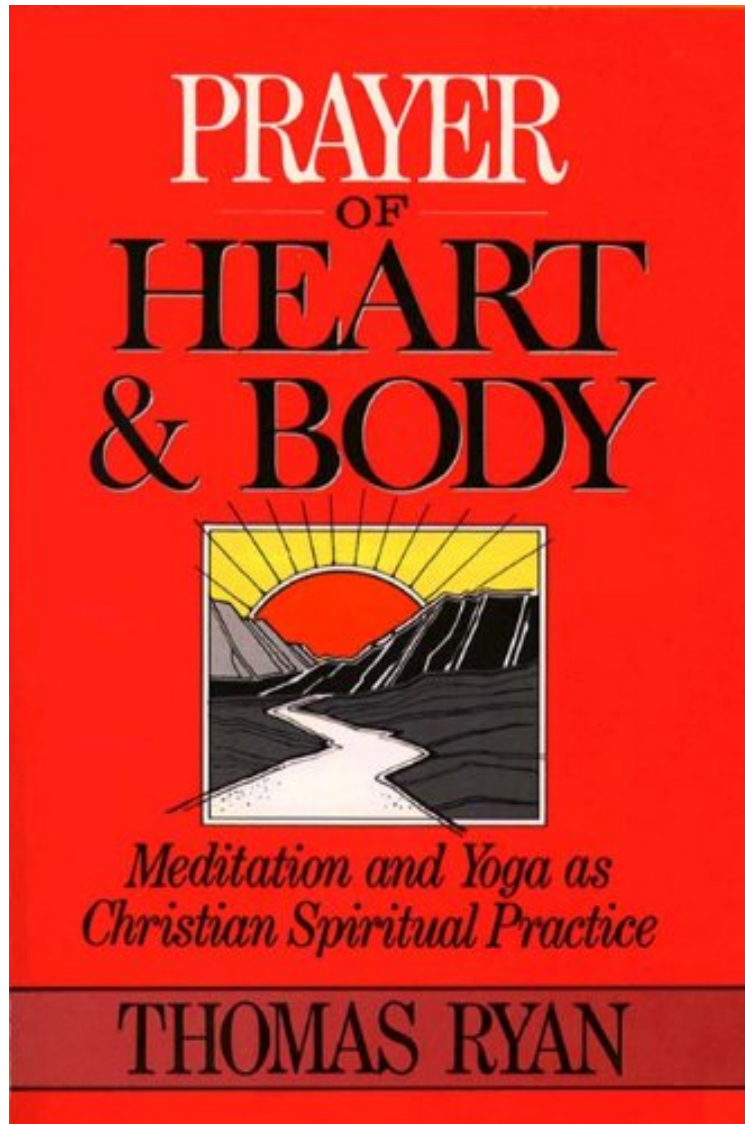


[Free read ebook] Prayer of Heart and Body: Meditation and Yoga as Christian Spiritual Practice

# Prayer of Heart and Body: Meditation and Yoga as Christian Spiritual Practice

*Von CSP Thomas Ryan, Foreword by Jean Vanier  
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**Von CSP Thomas Ryan, Foreword by Jean Vanier : Prayer of Heart and Body: Meditation and Yoga as Christian Spiritual Practice** before purchasing it in order to gage whether or not it would be worth my time, and all praised Prayer of Heart and Body: Meditation and Yoga as Christian Spiritual Practice:

KundenrezensionenHilfreichste Kundenrezensionen0 von 0 Kunden fanden die folgende Rezension hilfreich. Useful and interestingVon Ein KundeI have been learning to do yoga for health reasons, to enhance both my physical strength

and the body/mind connection in order to reduce the effects of fibromyalgia. I am interested in both the physical as well as the spiritual effects of yoga. Because I am a Christian, I have found it hard to use traditional yogic, primarily Kundalini chants, as they do not represent my religious views completely. This book has helped me to put my yoga practice together with my Christian beliefs, and to begin to explore and accept the mystical spirit of God in a new way. I recommend it to anyone who is on the same spiritual and health path.

KurzbeschreibungA practical "how-to" guide for persons who want to learn how to meditate or practice yoga in a way that is consistent with their Christian faith.KurzbeschreibungA practical "how-to" guide for persons who want to learn how to meditate or practice yoga in a way that is consistent with their Christian faith.