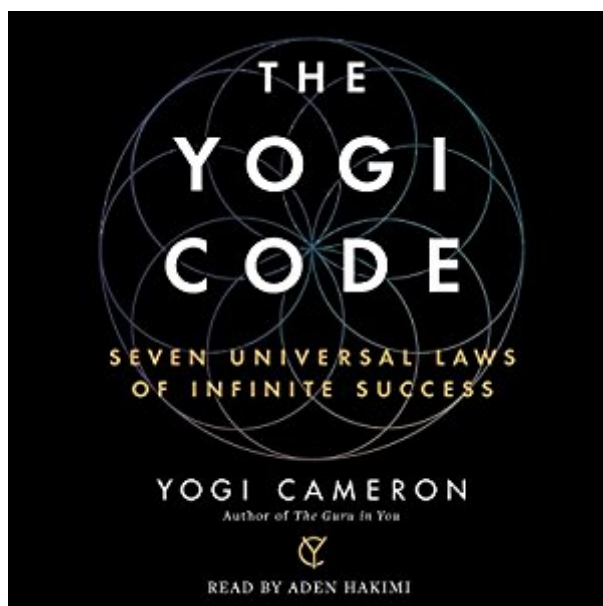


The book was found

The Yogi Code: Seven Universal Laws Of Infinite Success



Synopsis

Thousands of years of yoga and Ayurveda wisdom are distilled into a code of seven daily practices that enable the modern, busy person to look better, feel better, and live a stress-free life. While most of us think of yoga as a series of poses, the path of the yogi goes far beyond the mat into a set of daily practices that enable us to live lives of better physical health, confidence, deeper connections with others, and purpose. In this succinct yet illuminating book, Yogi Cameron demystifies 5,000 years of yogic wisdom into a clear language for everyone to benefit from, regardless of your familiarity or ability with yoga. After a successful career as a fashion model, Yogi Cameron left Paris for Southern India, where he became a decades-long student of the Ayurveda and ancient yogic traditions that he now shares with global audiences. In this book he explains how to move beyond the yoga mat and into the world. You'll learn to balance daily demands while achieving a higher level of consciousness and self-knowledge through seven daily practices, including crafting daily routines to peacefully reach your full potential, creating morning practices to build a strong, stress-free foundation, practicing self-study to center yourself, and learning what love is in its purest form - your intuition - and how to stay in the presence of this divine love always. With relatable chapters and practices expertly created to fit into our normal fast-paced days, The Yogi Code allows you to finally become closer to understanding your eternal purpose.

Book Information

Audible Audio Edition

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Customer Reviews

If you have not experienced Yogi Cameron and his helpful philosophies you should take advantage

soon ã â â™•ã â â•â»Namaste

I am still reading it but I have followed Yogi Cameron for a couple of years. I am not sure I want to be a yogi but there is a lot of good information to apply to keep calm and grounded in my life.

This book is a joy to read. This will be my "go to" to get reassured I'm on the right path but have to stay on this path. Training my mind to encourage this journey. Good job on the book. YC put alot of himself into this book.

Yogi Cameron's books are always well thought out, full of knowledge and instruction, and very readable!

I gave started reading this book and so far I've enjoyed it very much

A great book like a door on another path

A wonderful book full of wisdom, compassion, and light! This is a book I will pick up again and again.

As a person who is passionate about self improvement, self discovery and self awareness, I find this book to be very helpful in both learning about the Ayurveda practices. The book helps with staying focused on easy to do tasks and to help you achieve calmness and balance in your life. It's easy to read, and at time even entertaining. I am fully committed to using some of these practices and already noticing differences in my life. Namaste.

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