



# The Energetic Anatomy of a Yogi: Healing the Emotional and Mental Body Through Yoga

*Paul G. Balch, Jaylee Balch*

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The Energetic Anatomy of a Yogi is an evolution in yoga, empowering teachers and practitioners while taking their life to a profound new level of healing and understanding. The program teaches students to be aware of their inner state, how they approach their yoga class, to be mindful, centred and honest with themselves. Originally, yoga was designed to discipline the body and still the mind to attain enlightenment. This book re-introduces these ancient precepts, creating a new level of healing. "Working with Paul and Jaylee really opened my eyes and took me and my yoga to a new level of being." - Jonny Mauke, USA, Bikram World Champion 2006 "Every now and then we get an opportunity to take part in something that will uplift and inspire us while enriching our yoga practice. In rare cases these events can even change the directions of our lives. Paul and Jaylee Balch with their knowledge are this rare opportunity!!" - B.K., yoga studio owner "The Energetic Anatomy of a Yogi by Paul & Jaylee Balch was one of the best posture clinics I have ever attended. The information they shared helped me learn a great deal about myself and my students/clients. They have a wealth of knowledge that is best shared. Invite them in!" - T. H. (Kingston Yoga Studio Owner & Teacher) Paul G. Balch and Jaylee Balch live in Australia and lecture around the world. "We wanted to share our wealth of knowledge that we have absorbed over 35 years, helping people heal, and re-connect with their true essence. We were asked to produce this book to reach more people." Publisher's website: <http://sbprabooks.com/PaulGBalchandJayleeBalch>

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