



The Yoga of You: A Child's Journey to Self Through Yoga

By Tiffani Sharp

Createspace, United States, 2015. Paperback. Book Condition: New. 216 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Take a journey with a young child as she discovers her true self and all that she is capable of with the help of some friends along the way. Using yoga as a means of empowerment and self-discovery, one child's journey reveals that within her is the power for happiness, majesty, confidence, strength and gratitude. All proceeds from the sale of this book are donated to the nonprofit Willow Tree Roots. Willow Tree Roots is a United States registered 501(c)(3) nonprofit public charity organization whose Mission is to empower women in developing nations to socioeconomic independence through entrepreneurship and to provide underserved women in these nations with income-generating skills with a goal toward improving the community as a whole. Their approach is to guide women in discovering their self-worth, spark their passions, then give them the tools they need to succeed as business and community leaders. Willow Tree Roots believes that empowering women in developing nations can lead to an empowered, sustainable and peaceful community.



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