



Mussar Yoga: Blending an Ancient Jewish Spiritual Practice with Yoga to Transform Body and Soul

Edith R. Brotman, Alan Morinis

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A clear and easy-to-use introduction to Mussar Yoga—a blending of Jewish and Eastern spiritual practices. Intended for the novice as well as the yoga expert and for people of all faiths, each exercise is accompanied by step-by-step instructions, helpful photographs, mantras and journaling exercises.

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