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BOLSTER YOUR SPIRIT (PAPERBACK)



Abbott Press, United States, 2011. Paperback. Book Condition: New. 214 x 210 mm. Language: English . Brand New Book ***** Print on Demand *****. For those who live on the go and have stress on the rise, Bolster Your Spirit is the perfect antidote. It is time to return to a balanced life where effort is supported by rest and rejuvenation. These beautiful postures will allow your body to open effortlessly, your mind to experience stillness, and your spirit to...

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- Authored by Kathy Triplett, Mana Iluna
- Released at 2011



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