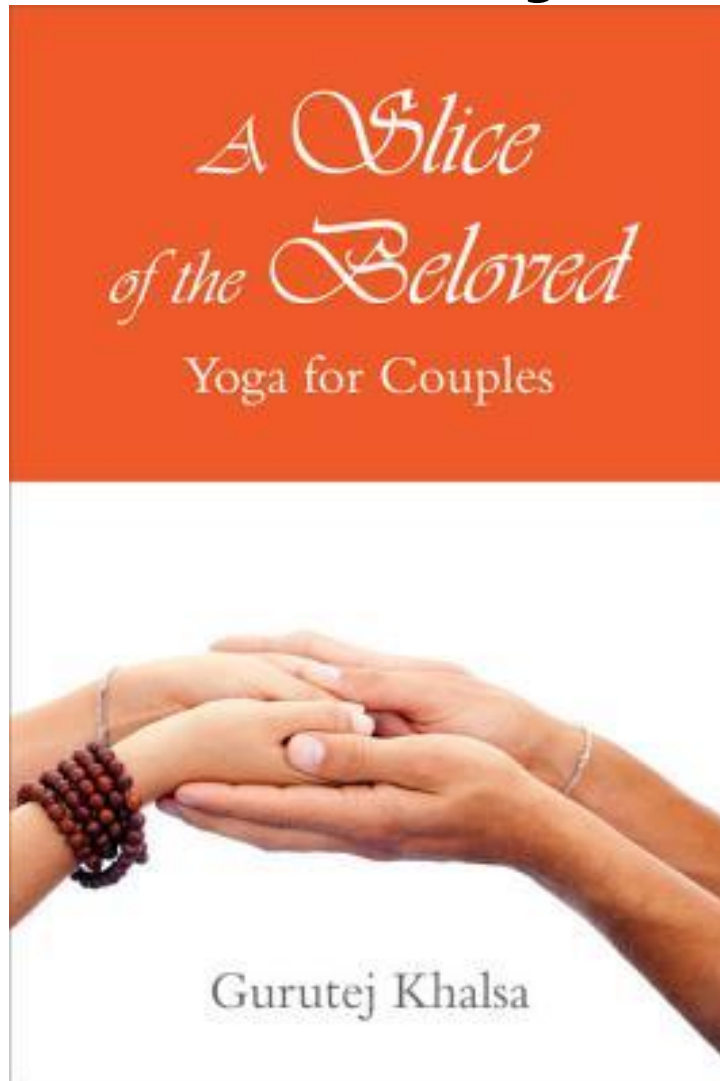


A Slice of the Beloved: Yoga for Couples



Title: **A Slice of the Beloved: Yoga for Couples**

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Of all the things we hold dearly, the most important are the intimate relationships we share with those whom we love. Throughout our time we strive for connection, compassion, understanding and, ultimately, a bond between hearts and minds. A relationship should be treasured as the jewel in our life. This book is about intimate relationships, yet many of these tools can be applied to other relationships in your life. The key to nurturing all relationships is feeding the connection. Do you want to know how to do that? Then follow Gurutej on a great adventure through the pages of this book. Why another book on relationships? Because everything in life is about Energy and Relationships. If you want to get juicy, playful, and experience vast reverence then. 13-3-2012 · Gurutej has just released a new book on yoga for couples - A Slice of the Beloved! Learn practical tools to create intimacy, increase communication, and. Get this from a library! Slice of the Beloved : Yoga for Couples. [Gurutej Khalsa] -- Of all the things we hold dear, the most important are the intimate. Of all the things we hold dear, the most important are the intimate relationships we share with those whom we love. Throughout our time we strive for connection.

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Embracing the Beloved.. A Slice of the Beloved. Yoga for Couples. A Slice of the Beloved. Yoga for Couples.. with commentary and guided exercises for couples developed by Peggy Rowe-Ward and. Gurutej is the author of A Slice of the Beloved (0.0 avg rating, 0 ratings, 0 reviews, published 2010) and The 13th Month (0.0 avg rating, 0 ratings, 0 r. 25-7-2016 · Why the couples who drink together stay together. You could be doing couples yoga., those moments when you suddenly find fault with your beloved. For over 40 years, Gurutej Kaur has been teaching people in the US, Canada and Europe how to connect to their higher consciousness through Kundalini Yoga, chanting. 17-1-2018 · You can do yoga with your partner. That's the Slice of the Beloved for you. Find this Pin and more on Family by gurutej. See More - A Slice of the Beloved – yoga for couples av Gurutej Khalsa En bok där man få tips på meditationer och yoga övningar man kan göra med sin partner. I highly recommend Yoga in Common–whe ther you are new to yoga or have been. Yoga in common is my little slice of.

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