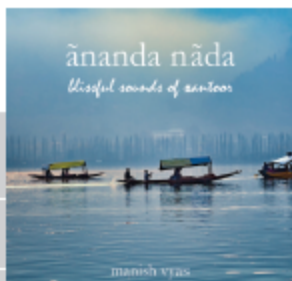


BOOK, CD & DVD REVIEWS



I have always imagined that Paradise will be a kind of library.

- Jorge Luis Borges



ANANDA NADA : BLISSFUL SOUNDS OF SANTOOR

MANISH VYAS

\$24.50 | Available on <https://www.manishvyas.com/store>

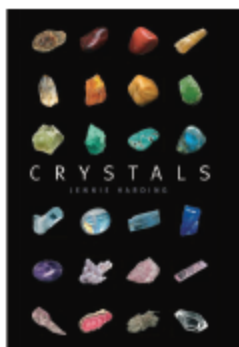
A very special album, led by the soothing, seductive sounds of Santoor (a 100-stringed ancient Instrument from the mountain region of India) and enhanced by subtle vocals, sitar, violin and other delicate eastern sounds composed and arranged by Manish Vyas. Melodies with the soul and heart in India meant to inspire pure emotion and stillness in the hearts of those who listen.

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Stefanie Arend puts together many Yin yoga sequences to activate the self-healing powers of body and mind. She offers a holistic approach that includes Western and Traditional Chinese Medicine, breathing techniques, meditation, nutrition, fascia therapy exercises, and self-reflective questions to encourage deeper explorations of the roots of readers' ailments. With poses and sequences easy to follow and understand it is suited for both beginners and experienced yoga practitioners.



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