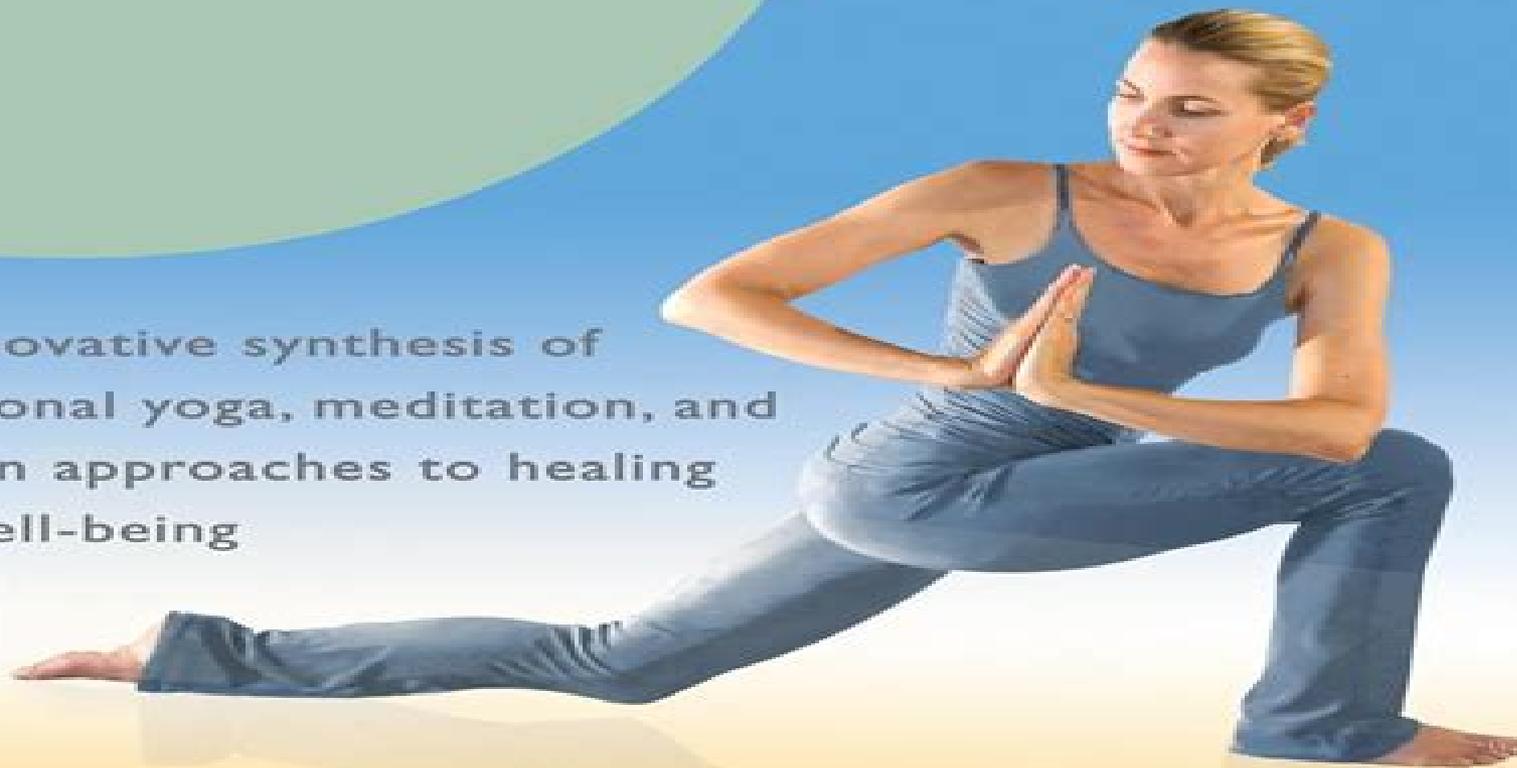


INSIGHT YOGGA

An innovative synthesis of
traditional yoga, meditation, and
Eastern approaches to healing
and well-being



Sarah Powers *Foreword by* **Paul Grilley**

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