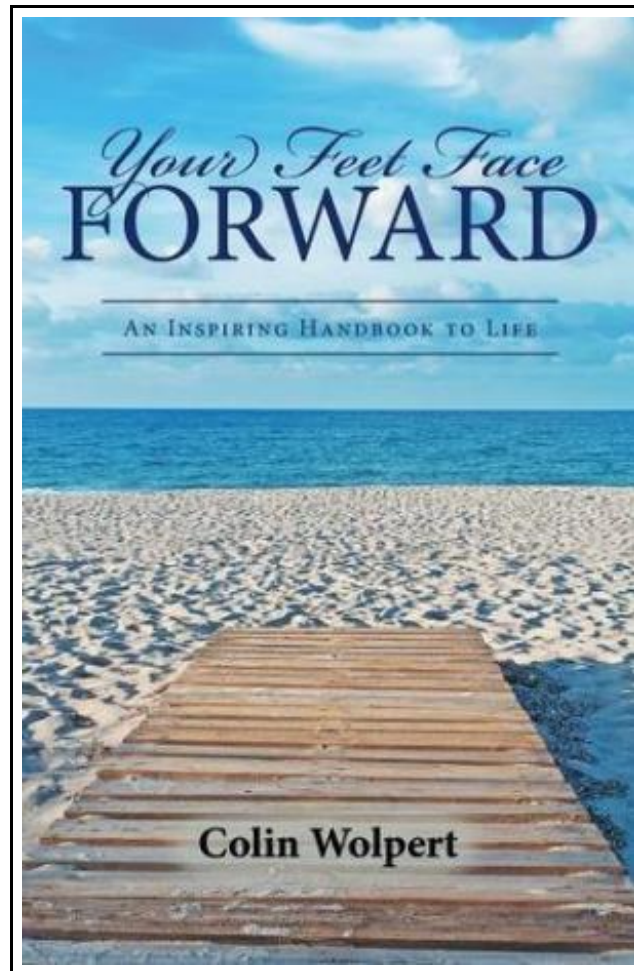


## Your Feet Face Forward: An Inspiring Handbook to Life (Paperback)



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Balboa Press, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Your Feet Face Forward narrates my holistic journey back from a debilitating spinal nerve tumor to abundant health and happiness. Using the tools of yoga, meditation, visualization, and a change in philosophical perspective, I was able to heal while completely sidestepping traditional medicine. After my diagnosis, I was faced with the devastating prospect of autonomic function loss, with or without surgery. With almost no feeling in my legs and severe, constant pain in my back, I knew there had to be another way. I crawled onto my mat and began a daily practice. Over a period of months, the MRI scans showed the tumor shrinking until it was finally gone. My life was forever transformed, and the powerful momentum of healing launched me onto a new path. I obtained certification as a Hatha, Vinyasa, Restorative, Yin, and Prenatal Yoga instructor and became a yoga teacher trainer. I have since shared my story and inspired positive change, empowering thousands of lives through my classes, yoga teacher training, workshops, and seminars. Your Feet Face Forward can guide you to find peace with what is and inspire you to move forward with intention; harnessing your power. Your Feet Face Forward will show you how to recognize the gifts of life.



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