



# Yoga's Healing Power: Looking Inward for Change, Growth, and Peace

*Ally Hamilton*

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"I have practiced yoga nearly twenty years now, and I appreciate the spiritual and healing aspects of my practice as much, if not more, than the physical. Thank you Ally Hamilton and Yogis Anonymous for providing both the physical challenge, and the tools for healing and balance in my life. Yoga and life are journeys, and this book is a wonderful guide along the path! Namaste!"—Greg Louganis, four-time Olympic gold medalist

"This is a stunningly generous book about what it means to move through life with grace, presence, and forgiveness. It's less of a treatise on yoga and more of a lesson on how to be human. You'll close the cover feeling more compassion for yourself than any yoga class could ever bestow. I was deeply humbled and greatly inspired by Ally Hamilton's courageous take on life, love, loss, and surrender."—Claire Bidwell Smith, author of *The Rules of Inheritance*

Join popular teacher and blogger Ally Hamilton as she explores the eight limbs of yoga practice that are integral to the healing process. Facing yourself and doing the work to heal takes bravery and strength, but it's absolutely possible. *Yoga's Healing Power* shows you how to overcome patterns that aren't serving you and find sustained peace.

Physical poses, seated meditation, and breathwork are the best-known aspects of yoga, but in the eight limbs practice, healing comes through a more holistic approach that takes into account ways we relate to ourselves and the world, discernment, clear seeing, and obstacles that block our path. Sharing step-by-step instructions and inspiring stories of healing, this book helps you tap into your own intuition, uncover your particular gifts, and begin to experience joy.

**Includes a foreword by Dani Shapiro, bestselling author of *Devotion* and *Slow Motion***

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