



The Yoga Lifestyle: Using the Flexitarian Method to Ease Stress, Find Balance, and Create a Healthy Life

Doron Hanoch

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The Yoga Lifestyle: Using the Flexitarian Method to Ease Stress, Find Balance, and Create a Healthy Life Doron Hanoch

Create a new world of personal wellness with Doron Hanoch. *The Yoga Lifestyle* expands on the concept of the flexitarian diet to help you build an entire flexitarian lifestyle. Integrating yoga, Ayurveda, breathing practices, meditation, nutrition, and recipes?the flexitarian method takes a holistic approach to cultivating health and joy. Presenting techniques that can be utilized immediately, this book helps you become flexible in mind and body so that you can adapt to the needs and changes of today's world.

"My mission statement is simple: Live a healthy, active, and joyful life; maintain balanced energy with breath; eat good, nutritious food; practice mindfulness; and celebrate life while minimizing stress and negative effects for yourself and your surroundings."?Doron Hanoch

Praise:

"Sometimes it seems that there are all of these various disconnected ideas and concepts and practices in the yoga realm. Doron makes the connections clear."?Mark Stephens, author of *Teaching Yoga*

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