



Yoga Walk E-MOTION Frequency Walking Program

Laura Sachs

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We all know that walking is the most natural form of exercise. The E-MOTION® Yoga Walk Frequency Walking Program will help you build Emotional, Physical and Spiritual Strength essential parts of the Journey to Wholeness. In just 20 minutes, you will be guided on a magical, transformative walking experience. This practical approach to incorporating mind/body principles into your daily walk will give you tremendous benefits Body, Mind and Spirit. Every time you use this walking program, you will effortlessly enhance your health and well-being. You will enjoy this gift to yourself as you increasingly fine-tune your awareness of being in the present moment while you exercise. The musical frequency treatments on this walking program were created for your Yoga Walking experience by internationally know author Luanne Oakes, Ph. D.

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