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Breathing Space provides a rural church base in an idyllic setting for groups, organisations and individuals to explore and improve their overall health and well-being. We run courses, activities and events that make use of our beautiful 800 year old church environment (St. Michael's & All Angels Church) and local nature reserve (Witton Dene).

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prices may vary description this is the story of a year i spent in new york studying with yoga master alan finger when katrina repka moved to new york she was eager to shed her past and begin a new

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Over the next twelve months, with Alan's help, Katrina tackled and overcame many of the obstacles holding her back. Dealing with issues that every woman will relate to--criticism, emptiness, balance, family, and creativity (among others)--the twelve chapters in Breathing Space follow Katrina's ups and downs in New York.

"This is the story of a year I spent in New York, studying with Yoga Master Alan Finger." When Katrina Repka moved to New York, she was eager to shed her past and begin a new life, but she soon discovered that her old problems had followed her to the big city, and that instead of finding herself, she was more lost than ever. It was when she was almost ready to give up on everything that she read a magazine article on Master Yogi Alan Finger and knew that she had to meet him. It was a meeting that would change her life. Over the next twelve months, with Alan's help, Katrina tackled and overcame many of the obstacles holding her back. Dealing with issues that every woman will relate to--criticism, emptiness, balance, family, and creativity (among others)--the twelve chapters in Breathing Space follow Katrina's ups and downs in New York. At the end of each chapter there is a simple but effective breathing exercise that will

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help readers eliminate harmful behavior patterns and speed their own process of personal transformation. Breathing Space is an inspiring and instructive book that offers every woman the chance to follow the author's path and become the person she truly wants and deserves to be.

Breathing Space is a ground-breaking book that will show readers how to avoid racing the clock and gain control over each day. It offers proven steps for handling information and activity overload and balancing one's professional and personal life.

Cleaning out your cupboards isn't just about a tidier kitchen. Find peace, repair your past, and live a more fulfilled life with this uplifting guide to the spiritual practice of decluttering. Bless your clutter. Yes, you heard right: Bless it. Bless everything in your life that is superfluous, broken, burdensome, and overwhelming—because it is all here to teach you an important lesson, perhaps the most important lesson there is: what really matters. Everyone's lives could use some serious decluttering. But decluttering isn't just about sorting junk into piles and tossing things in the trash. Decluttering can inform us of our burdens, help us to understand our attachments, and aid us in identifying what is truly valuable in our lives. Written by a medical doctor and a spiritual intuitive, with case studies of people just like you, Breathing Room takes you on an enlightening room-by-room tour where each room in your home corresponds to a "room" in your heart, and where decluttering will not just make space but improve the spirit. So, if it's weighing you down, if it's become an obstacle, if it's making it near impossible for you to find the things you really love—it's time for you to let it go and find a

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little breathing room.

“Tells the tales left untold by Stephen Ambrose, whose Band of Brothers was the inspiration for the HBO miniseries...laced with Winters’s soldierly exaltations of pride in his comrades’ bravery.”—Publishers Weekly They were called Easy Company—but their mission was never easy. Immortalized as the Band of Brothers, they suffered 150% casualties while liberating Europe—an unparalleled record of bravery under fire. Winner of the Distinguished Service Cross, Dick Winters was their legendary commander. This is his story—told in his own words for the first time. On D-Day, Winters assumed leadership of the Band of Brothers when its commander was killed and led them through the Battle of the Bulge and into Germany—by which time each member had been wounded. Based on Winters’s wartime diary, *Beyond Band of Brothers* also includes his comrades’ untold stories. Virtually none of this material appeared in Stephen Ambrose’s *Band of Brothers*. Neither a protest against nor a glamorization of war, this is a moving memoir by the man who earned the love and respect of the men of Easy Company—and who is a hero to new generations worldwide. Includes photos

A guide for intermediate and advanced yoga students sheds new light on the principles and practice of the ancient wellness tradition, offering a collection of asana sequences, breathing and meditation exercises.

The life-changing international bestseller reveals a set of simple yet powerful mindfulness practices that you can incorporate into daily life to help break the cycle of anxiety, stress,

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unhappiness, and exhaustion. Mindfulness promotes the kind of happiness and peace that gets into your bones. It seeps into everything you do and helps you meet the worst that life throws at you with new courage. Based on Mindfulness-Based Cognitive Therapy (MBCT), the book revolves around a straightforward form of mindfulness meditation which takes just a few minutes a day for the full benefits to be revealed. MBCT has been clinically proven to be at least as effective as drugs for depression and is widely recommended by US physicians and the UK's National Institute for Health and Clinical Excellence—in other words, it works. More importantly it also works for people who are not depressed but who are struggling to keep up with the constant demands of the modern world. MBCT was developed by the book's author, Oxford professor Mark Williams, and his colleagues at the Universities of Cambridge and Toronto. By investing just 10 to 20 minutes each day, you can learn the simple mindfulness meditations at the heart of MBCT and fully reap their benefits. The book includes links to audio meditations to help guide you through the process. You'll be surprised by how quickly these techniques will have you enjoying life again.

Look at the future of persecution. One day soon the only refuge for the faithful may be Space. Follow a desperate couple fighting isolation and equipment malfunction to pilot a gas-collecting balloon ship to the outer planets. Michael, crown prince of the Space Empire hopes to save his people from external attack with an internal rebellion and a battle cruiser like no other. His plans are shaken by a forbidden romance, political turmoil, and the discovery of Earth's Fourth

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Empire. Michael and his best friend Randolph might save or shatter the Space Empire's last hope for the future.

From New York Times and USA Today bestseller Michael Prescott, author of *Final Sins* and *Cold Around the Heart*, comes an electrifying novel of terror and suspense. C.J. Osborn was ten years old when the boogeyman came for her. Ever since, she has feared his return. Now an LAPD cop, C.J. faces danger every day on the streets of Newton Division — "Shootin' Newton," the city's roughest territory. But the greatest danger lies in C.J.'s own home, where a stranger's eyes are watching her — a stranger who plans to finish what he started sixteen years ago ...

Jumpstart Your Metabolism reveals the easy but incredibly effective way to shed stubborn pounds—simply breathe. If you've tried every conceivable combination of diet and exercise and still can't shed those extra pounds, then perhaps you haven't discovered the hidden key to weight loss—proper breathing. By increasing the amount of oxygen you take in, you can help your body do a more efficient job of releasing hydrogen, the chief culprit in the storage of excess fat. And you'll be amazed at the benefits of learning to breathe the right way: -Reset your body's metabolism to burn calories more efficiently -Lose weight without complicated food restrictions or rigid exercise schedules -Feel more energized and less stressed Breathing coach Pam Grout will show you how with thirteen "energy cocktails," simple but powerful breathing exercises that you can incorporate into your daily routine, whether you're at your desk, in your car, standing in line, watching TV—nearly anywhere, anytime. Easy to learn and

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fun to do, the program in Jumpstart Your Metabolism will help you jumpstart the rest of your life!

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