



Question Your Past Beliefs and Expand Your Spiritual Views

ST. PAUL, MN — Clear your energetic pathways and calm the storm of your stressful modern life with Lauren Walker’s unique healing system. Perfected over years of study, Energy Medicine Yoga is a customizable program with step-by-step practices that help you recover from trauma and gain resilience. Combining yoga and energy work with the five elements, this book teaches you how to respond, rather than react, to triggers and ultimately diminish their effect on you.

The Energy to Heal helps customize your practice with dozens of illustrations, hands-on exercises, and a quiz to determine your primary and secondary element. You’ll also discover a wide range of healing techniques, including chakra clearing, EFT, breathing practices, yoga nidra, and more. With this book, you can reclaim your life and become strong and vibrant again.

The Energy to Heal
*Find Lasting Freedom From Stress
& Trauma Through Energy Medicine Yoga*
By Lauren Walker
Trade Paperback
ISBN 978-0-7387-6949-3
US Price \$18.99 | CAN \$26.99

US Release May 2022
UK/Canada Release June 2022
Llewellyn Publications



Green Kat Photography / Kat Gebauer

LAUREN WALKER (Whitefish, MT) has been a yoga and meditation teacher since 1997. She created Energy Medicine Yoga while teaching at Norwich University, and she also taught at the Kripalu Center. Her writing has been featured in *Yoga Journal*, *Mantra*, *Yoga Digest*, and the *New York Times*, and she published two other books. Walker also developed online and in-person classes and built a community of International Energy Medicine Yoga teachers she personally trained.

Visit us online at www.Llewellyn.com



About Llewellyn Worldwide, Ltd.

For over a century Llewellyn Worldwide, Ltd. has led New Age publishing with titles that inform, educate, and inspire readers. We are committed to providing books and tools for exploring new worlds of mind & spirit, thereby aiding in the quests for expanded human potential and spiritual consciousness.