

Awaken Your Royalty with Hong-Sau Yoga takes you out of the classroom and into the playing field of nature. The exercises have a refreshing, almost magical edge to them, that warmly beckons the inner child to come out and be free, while at the same time calls forth the ancient wisdom within. Simple, rhythmical mantras combined with visualizations from nature, keep the mind and body focused on the spiritual intention of each exercise. The Awaken Your Royalty series, are definitely books directed and inspired by spirit and demonstrates the calling for each one of us to claim the power, wisdom and love that we each inherently have. This is more than just a yoga practice, but rather a life-style that is worthy of choosing at the start of everyday. It is a wonderful aid for parents or teachers wanting to instill attributes such as faith, love, confidence, trust, faith, focus, positivity, sharing and giving with their children or students, while having fun and growing together at the same time. These exercises are also extremely helpful for reducing stress, anxiety and creativity blocks in those of all ages. Or if you just want to let go of all your stories and love yourself more and get more joy out of life..... these books are for you!

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