

## CGH #018: Yoga: Just This - Breathe | Allan Besselink

Written by Allan Besselink

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Join me on BlogTalkRadio on Tuesday September 29, 2009 at 8:00 pm central time for the latest episode of "Consumer's Guide To Health". The word yoga means "union" in Sanskrit. This union takes place between the mind, body and spirit. What we commonly refer to as "yoga" typically means physical postures and poses. In this episode, "Yoga: Just This - Breathe", we will discuss one approach to the practice of yoga.

This episode's special guest will be Austin business professional **Kelly White** - a transformational leader and member of Austin real estate's Good Life Team who has developed "Just This - Breathe - A 30 Day Journey Of Self-Exploration". This 30 day yoga-based program is, as White describes it, "Real yoga by real people for real people".

The BlogTalkRadio call-in number is 646-929-1567. You can listen online at <http://www.blogtalkradio.com/abesselink> and also download this and previous episodes here as well.

I hope you can join us for what should be an enlightening discussion!