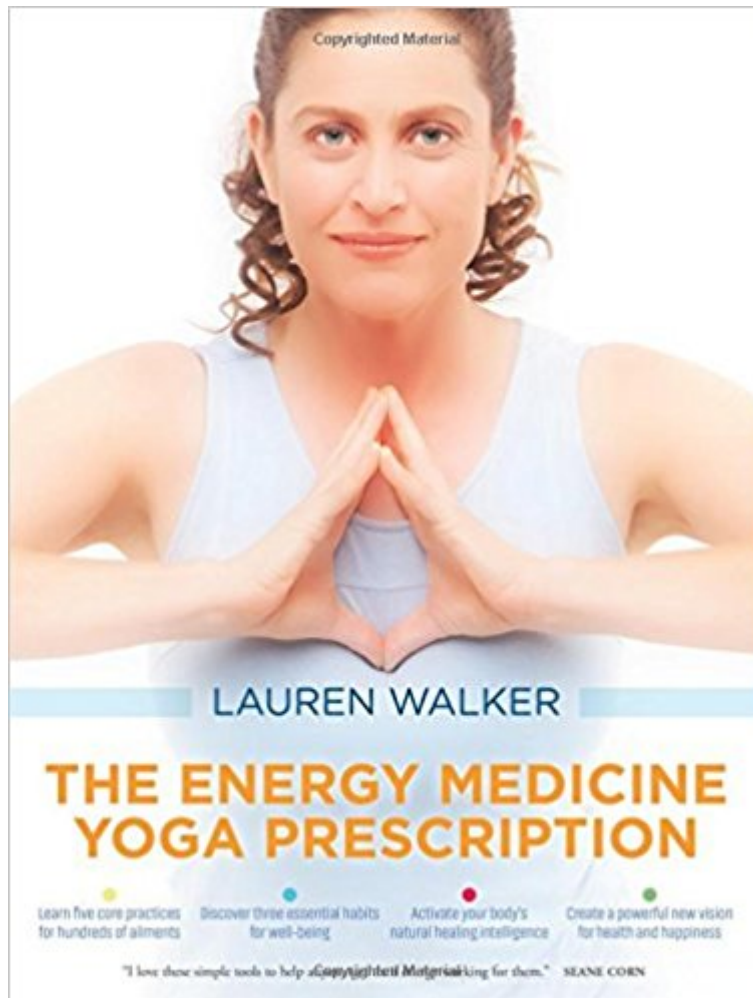




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# The Energy Medicine Yoga Prescription



## Synopsis

A Powerful How-To Guide for Energetic Self-Care

When you're dealing with a health issue, what kind of energy practice will help the most? "To bring ourselves back into wellness," teaches Lauren Walker, "we first have to understand what brought our body out of wellness. When we return to balance, the body is best able to heal itself." With *The Energy Medicine Yoga Prescription*, Lauren brings you an invaluable guide to help you uncover the root causes of specific physical, emotional, and psychological health complaints along with a treasury of potent self-care practices to accelerate your healing.

This easy-to-use resource includes:

- Simple instructions for learning to sense and diagnose your body's subtle energy
- The Five Elements System
- the ancient healing practice at the heart of Energy Medicine Yoga
- Easy reference charts to match hundreds of health complaints with the most effective energy healing practice
- Links to training videos to help guide you in many Energy Medicine Yoga techniques
- The three most important Ayurvedic techniques to change your life right now
- Guidance for creating your own daily practice and maintaining good health and balance on and off the yoga mat

"If you want to affect the physical matter that is your body and the invisible matter that is your mind and your soul," says Lauren Walker, "the most effective practice you can learn is how to work with your own energy." With *The Energy Medicine Yoga Prescription*, she brings you a solution-oriented manual to complement any health regimen filled with essential insights for well-being, techniques to activate your body's natural healing intelligence, and a powerful new vision for happiness and wholeness.

## Book Information

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## Customer Reviews

“What I love about Lauren Walker’s work, and *The Energy Medicine Yoga Prescription*, is that it offers simple tools to help anyone get their energy working for them, which means no more rowing upstream against the current.” —Seane Corn, cofounder of Off the Mat, Into the World® “Prescriptions usually involve medications to help overcome illness. Medications change the body’s chemistry and electromagnetic energy flows. This wonderful book teaches you how to do that using a different kind of prescription, one that is totally natural and has no adverse side effects. Drawing from the ancient discipline of yoga along with modern understanding and methods from Energy Medicine, this book shows you how to be a maestro of your own energies, bringing your body, mind, and spirit into greater balance, health, and vitality.” —Donna Eden and David Feinstein, coauthors of *The Energies of Love* “Emerging science suggests that human health is not only linked to the function of the body but more importantly is found in what we cannot see, which is powerfully impacted by the energetic effect of what we think, see, and feel. *The Energy Medicine Yoga Prescription* is a must-read!” —Dr. John Douillard, DC CAP, founder of LifeSpa.com and author of *Eat Wheat* “Lauren Walker’s *Energy Medicine Yoga Prescription* teaches us to rebalance our subtlest energies and heal from the inside out. With this vital reference, you will learn how to cultivate an authentic connection to yourself, build stellar habits, and develop a real relationship to your own wellness.” —Elena Brower, author of *Art of Attention* and *Practice You* “By marrying tantra yoga and Energy Medicine, Lauren Walker has created a unique path to healing, a path of love. By using her brilliant and accessible energy techniques, we can all activate our internal prescriptions for health and restore balance to body, mind, and spirit.” —Cyndi Dale, author of the *Subtle Body Energy* books, including the *Encyclopedia*, *Practice Manual*, and *Coloring Book* “If you want to take your yoga practice and your existence out of the flat lands and into the majestic peaks that form Energy Medicine Yoga, then read this book! Get ready for an exciting journey that will transform your practice, your perspective, and your life.” —Dondi Dahlin, author of bestselling *The Five Elements* “Drawing on insights from the Chinese Five Element Theory and the Vedic systems of yoga and Ayurveda, *The Energy Medicine Yoga Prescription* offers an interesting perspective on

self-care. It will help you think in a different way about bringing health and balance into your life.

•Gary Kraftsow, founder of the American Viniyoga Institute “This is a beautiful book, rich with tools for healthier lifestyle and a deepening of your yoga practice. Lauren writes in a clear and warm way that is easy to read and invites you into her eclectic collection of age-old remedies, health hints, recipes, and exercises.

•Angela Farmer, free-flowing movement through yoga explorer “As professional athlete, I deal with a lot of pressure and nerves. The Energy Medicine Yoga Prescription has helped me realize how important it is to clear my energy field. We as human-spiritual beings have to take the time to clear our aura and energy field so we can radiate light and be a loving force.

•Jamie Anderson, Olympic gold medal snowboarder, yogi, activist “If you are ready to explore the powerful dimensions of feeling, energy, and healing, The Energy Medicine Yoga Prescription will be your indispensable guide. You will learn invaluable tools to listen to the body’s signals to understand and communicate with the body for not just deeper yoga but a profoundly more healthy and joyous life.

•Eoin Finn, founder of Blissology Yoga, author and co-facilitator of Yoga + Mind Body Medicine courses “It’s high time someone correlated Energy Medicine with yoga. After all, both are designed to move energy through the body and the chakras for greater aliveness and well-being. Both are based on ancient, tried-and-true methods. Lauren Walker has done a great job of charting five element theory, yoga, the meridian system, and many other wonderful tools to enter the state of union that yoga is all about.

•Anodea Judith, PhD, author of Chakra Yoga, Wheels of Life, and Creating on Purpose “The Energy Medicine Yoga Prescription is a guide for the person who wants to increase their health and vitality and knows that the most effective path is one that combines physical, intellectual, and spiritual dimensions. The secret sauce to that outcome is through the energy system of the body, and Lauren Walker offers a multitude of easy-to-apply methods to affect that system through breath, diet, tapping, movement, gratitude, self-compassion, and much more.

•Craig Weiner, DC, and Alina Frank, Emotional Freedom Techniques (EFT) International Trainers; author of the bestselling How to Want Sex Again: Rekindling Passion with EFT “In The Energy Medicine Yoga Prescription, Lauren Walker pierces the superficiality of the yoga culture and shares powerful practices from the depths of ancient yogic traditions that will create a powerful impact on your health and healing.

•JP Sears, author of How to Be Ultra Spiritual “A wonderful, pragmatic book illuminating the energy body and how to work with it for optimum health!

•Acharya Shunya, author of Ayurveda Lifestyle Wisdom “Thrilled to see healing integrated into daily practice in this

important guidebook. Donna Eden is a reliable source, and Lauren Walker has created a fabulous tool for transformation. • Thornton Streeter DSc, founder of the Centre for Biofield Sciences and the Energy Medicine Exchange • “Connecting to our body’s energy and eating healthy food is the path to healing; Lauren Walker’s The Energy Medicine Yoga Prescription accomplishes this highly necessary and sometimes difficult relationship beautifully. Weaving her advanced knowledge of energy medicine through the practice of yoga is a divine therapeutic tool. • Marie Manuchehri, author of Intuitive Self-Healing and How to Communicate with Your Spirit Guides •

Lauren Walker Lauren Walker is the author of The Energy Medicine Yoga Prescription (Sounds True, 2017) and Energy Medicine Yoga: Amplify the Healing Power of Your Yoga Practice (Sounds True, 2014). She’s been teaching yoga and meditation since 1997, and created Energy Medicine Yoga while teaching at Norwich University. She teaches EMYoga across the US and internationally, and has been featured in Yoga Journal, Mantra Yoga + Health, Yoga Digest, and the New York Times. She was recently named one of the top 100 most influential yoga teachers in America by Sonima. For more information, visit EMYoga.net.

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