



BEAUTY YOGA & MEDITATIONS



Beauty Yoga & Meditations Contents


- Beauty Yoga Flow Video ~ 1 hour
- Beauty Yoga Flow Audio ~ 1 hour
- Beauty Invocation Video
- Eye Exercises Video
- Circles in the Body & Facial Stretches Video
- Beauty Guided Imagery Video
- Strengthening Slow Flow Video ~ 30 mins
- Compassion Mudra & Inner Smile Video
- Beauty Mantra Tutorial
- Beauty Mantra Video
- Beauty Mantra Audio
- Beauty Yantra Visualizations
- Beauty Cosmic Powers
- Beauty Chapter from Ecstasy of Practice Book
- Self Care Meditation
- Magnificence Meditation
- Loving Kindness Meditation
- Rewilding Within Inner Arts Tool Kit



Beauty
natural,
everlasting,
radiance from within

These videos, audios, & tutorials are a profound journey into the beauty living through you. Beauty Yoga stems from the ancient art of the Mahavidyas, ten cosmic powers.

The practices are slow, rich, and sensuous...
playful, explorative, and beautiful.



Watch for all that
beauty reflecting from you
and sing a love song
to your existence.

~ Rumi

rewildingwithin.com