

The Yoga Diva

After one particularly intense Kundalini yoga practice, there was no turning back. My kundalini was awakened, my chakras were all open, and the world would never be the same. Like it or not, I became inextricably connected with the universe. I did not choose teaching yoga as a career—it chose me. I was a professional skeptic, adrift in a universe of chanting, auras, guardian angels, Mayan shamans, sex goddesses, lost souls, self-described gurus, and yoga divas. Join me as I room with the world's creepiest human at a yoga retreat, take a session with the Yoga Nazi, adopt a dog under false pretenses, and battle the elements in Central American jungles. Here are my stories.



Rob Dinsmoor is a freelance writer and yoga teacher. The author of dozens of articles on health and medical issues, he has also written comedy scripts for *Nightmare on Elm Street* and *MTV*. He is a frequent contributor to *Esquire*, teaching a red lava on the North Shore of Maui in character with the playfully strange Montezuma Bongo. What has he been up to lately?



The Yoga Diva

Rob Dinsmoor



THE YOGA DIVAS

AND OTHER STORIES



by
ROB DINSMOOR

The Yoga Divas And Other Stories English Edition

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The Yoga Divas And Other Stories English Edition:

The book delves into The Yoga Divas And Other Stories English Edition. The Yoga Divas And Other Stories English Edition is an essential topic that must be grasped by everyone, from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into The Yoga Divas And Other Stories English Edition, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:
 - Chapter 1: Introduction to The Yoga Divas And Other Stories English Edition
 - Chapter 2: Essential Elements of The Yoga Divas And Other Stories English Edition
 - Chapter 3: The Yoga Divas And Other Stories English Edition in Everyday Life
 - Chapter 4: The Yoga Divas And Other Stories English Edition in Specific Contexts
 - Chapter 5: Conclusion
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 6. In chapter 5, the author will draw a conclusion about The Yoga Divas And Other Stories English Edition. This chapter will summarize the key points that have been discussed throughout the book.
- This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of The Yoga Divas And Other Stories English Edition.

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