



# **The Yoga Way to Radiance: How to Follow Your Inner Guidance and Nurture Children to Do the Same**

*Shakta Khalsa*

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# The Yoga Way to Radiance: How to Follow Your Inner Guidance and Nurture Children to Do the Same

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**The Yoga Way to Radiance: How to Follow Your Inner Guidance and Nurture Children to Do the Same** Shakta Khalsa

Through ancient wisdom, personal stories, and helpful practices like yoga and meditation, *The Yoga Way to Radiance* teaches you to reclaim your authentic self and to nurture the same in children through mindful or conscious parenting and teaching.

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