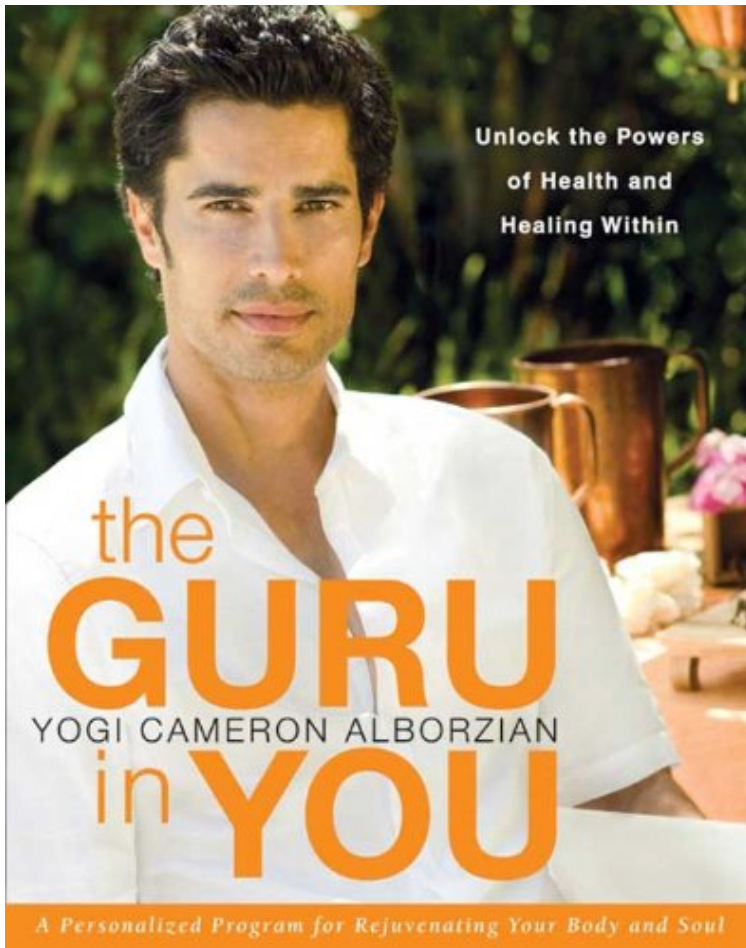


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# The Guru in You: A Personalized Program for Rejuvenating Your Body and Soul



*Par Yogi Cameron Alborzian  
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## Description :

Prsentation de l'diteurIf you really want to make a change in your life, gain health in body and mind, read Cameron's book. Hes improved my life and I hope you allow him to improve yours. NBC's Maria Menounos, author of The EveryGirls Guide to LifeThe Guru in You will gently guide you to a more conscious and meaningful life. [Cameron] will teach you how to lead a nourishing life by making wellness part of the superstar you truly are. Kris Carr, author of Crazy Sexy Cancer SurvivorInternational supermodel turned Ayurvedic yogi, Cameron Alborzian, offers an inspirational guide to unlocking the secret power of health and healing that exists within all of us a handbook for accessing The Guru in You.Revue de presseYogi Cameron is a wonderful teacher who can help all of us make conscious choices about our health and well-being. (Tal Ronnen, author of The Conscious Cook)The Guru in You will gently guide you to a more conscious and meaningful life. I am impressed and inspired by Camerons profound wisdom. Hell teach you how to lead a nourishing life by making wellness part of the superstar you truly are. (Kris Carr, best-selling

author, founder of crazysexylife.com)The young Cameron Alborzian who came to train to become a yoga instructor at the NY Integral Yoga Institute has evolved into a master teacher of yoga and Ayurveda. His story of the journey is informative and fascinating. (Coline Kali Morse, Director Teacher Training Programs, NY Integral Yoga Institute)Camerons journey has brought him down many paths, but the path that he has chosen, and the path that he walks is truly one that is spiritually elevating. This book and his lifes work is a map of the journey. (Djimon Hounsou, actor)[A]n effective, brief introduction to yogic practice for the contemporary reader. (Library Journal)Now, in his most recent incarnation as author of The Guru in You, the famously chiseled yogi helps readers curb the excess that can lead to suffering, not to mention unwanted pounds. (Vogue.com)Designed to fit into everyday life, the tools in this book help create change and allow readers to find their own paths. With personal stories and advice as well as photographs and exercises, this book offers readers the chance to discover their own healing potential. (Taste for Life)Prsentation de l'diteurIf you really want to make a change in your life, gain health in body and mind, read Cameron's book. Hes improved my life and I hope you allow him to improve yours. NBCs Maria Menounos, author of The EveryGirls Guide to LifeThe Guru in You will gently guide you to a more conscious and meaningful life. [Cameron] will teach you how to lead a nourishing life by making wellness part of the superstar you truly are. Kris Carr, author of Crazy Sexy Cancer SurvivorInternational supermodel turned Ayurvedic yogi, Cameron Alborzian, offers an inspirational guide to unlocking the secret power of health and healing that exists within all of usa handbook for accessing The Guru in You.