



Autobiography of a Naked Yogi (Paperback)

By Yogi Aaron

Balboa Press, United States, 2015. Paperback. Condition: New. Reprint. Language: English . Brand New Book ***** Print on Demand *****.See how a life spent largely outdoors-in the wilds of northern Canada, the underwater wonderland of the Caribbean, and throughout the untamed Himalayas-presented the challenges that shaped a timid mother's boy into a confident yogi and ambassador for self-transformation. Through humorous and poignant life stories--attending an all-male boarding school, coming out as a gay man, building a successful yoga career--here Yogi Aaron shares lessons in living with empowerment and authenticity. From the creator of Hot Nude Yoga, a global phenomenon during the early 2000 s, a story of struggle and healing found through the practices of Tantric yoga. Today owner and yoga director at Blue Osa Yoga Retreat and Spa in Costa Rica and leader of world-wide retreats through Blue Osa Journeys, Yogi Aaron is known for his humorous yet vastly knowledgeable approach to teaching this centuries-old wisdom. A must-read for aspiring yogis, yoga teachers, world travelers, nudists, gay men, people wanting to manifest positive change in their lives.

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