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Bija Bennett is the author of Emotional Yoga (3.84 avg rating, 32 ratings, 2 reviews, published 2002), Emotional Yoga Bija Bennett s Followers.

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Bija Bennett, President of YogaAway is the author of Emotional Yoga: How the Body Can Heal the Mind (Simon & Schuster 2002), which will also be available at Hyatt

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Bija bennett - emotional yoga

Bija Bennett is the author of books including The Breathing Breakthrough, Emotional Yoga, and Breathing into Life. Mind-Body Video Series;

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