



Yoga practices like meditation, postures, and breathing techniques can help you escape from daily life and the chaos around you. *Deeper Days*, however, helps you integrate yoga practices and life. It does this through daily messages, encouraging you to reflect on how you can apply these principles in your own life.

The messages are arranged in eight sections, structured on the eight limbs of yoga, as described in Patañjali's Yoga Sutras. The first section is based on Yama, or the ethics needed for balancing health and wellbeing. The yamas create self-discipline for a chaotic mind. They have five characteristics: nonviolence, honesty, not stealing – including not stealing time or attention, the wise use of sexual energy, and not coveting.

There are 365 messages: one for each day. They guide readers along the path to love, joy, peace and divine grace. Each message is food for thought: an idea to reflect on during quiet time at the start of the day and apply during the day.

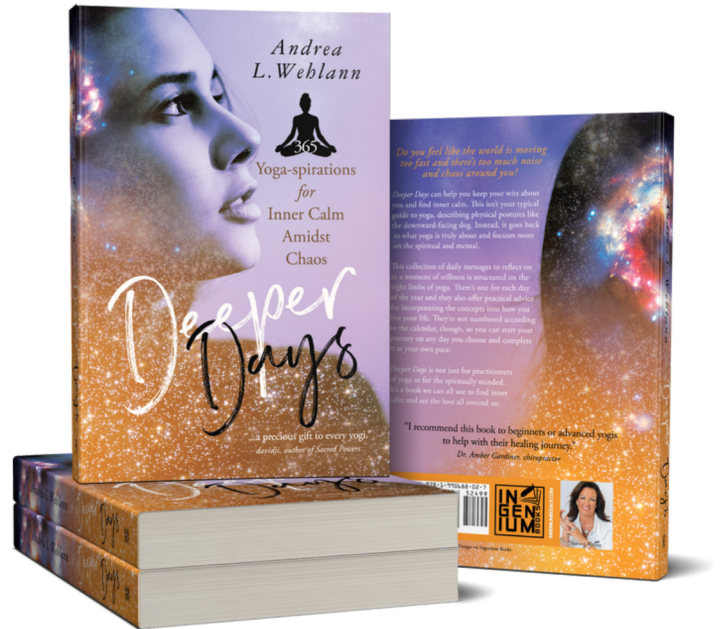
We are more than individual; We are part of a collective whole.

Andrea L. Wehlann



Deeper Days

365 Yoga-spirations for Inner Calm Amidst Chaos



About Andrea L. Wehlann

Andrea L. Wehlann is a certified Hatha Yoga teacher. She owns & operates the Ganga Moon Yoga Studio in Beamsville, Ontario. She holds a BA in psychology (Brock University) and a social services diploma (Niagara College). Her work in social services as well as a Reiki Master, Brazilian Jiu Jitsu, Chi Kung, Feng Shui, and meditation practitioner round out her experience. She's author of two books for women: *Deeper Days* follows a full-length poetry collection, *No Matter How Dark The Stain* (Ingenium Books, 2021).

Andrea has received the Editor's Choice Award for Outstanding Achievement in Poetry by The National Library of Poetry (Canada), Honourable Mention from Iliad Press, and a Poet of Merit Award. Her poetry has been published in The Brock Press Literary Supplement, The 1996 Blue Ribbon Collection, Portraits of Life published by the National Library of Poetry and the International Society of Poets, and Another Nobody: A Tribute to the Homeless by Niagara's Poets. Andrea was a distinguished member of the International Society of Poets for more than seven years and has in the past been a member of The Canadian Theosophical Society. She's been featured in publications like Niagara Life Magazine.

Promotion

- Social media engagement and visibility to an engaged audience for launch and sustaining post-launch
- Speaking engagements
- Local & regional TV, magazine interviews, national & international podcasts
- Book signing events and readings (virtual)

"I will recommend this book to my patients, whether they are beginners or advanced yogis, to help with their healing journey."

— Dr. Amber Gardiner, Chiropractor

Keywords

Daily reflection ... meditation... yogic path ... 8 limbs of yoga ... Zen Buddhism ...reiki workbook ...reiki for spiritual healing ...yoga nidra ...yogic lifestyle ...yogic philosophy ...yogic tools for recovery ...yogic way ...new age meditations

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