

Stillness in the Storm

A Conscious Daily Journal of Yoga and Spiritual Healing

In a world full of noise, one of the best ways to recharge and prepare for the day ahead is to take some time to be still. Andrea L. Wehlann, the award-winning author of *No Matter How Dark the Stain: Poems and Inspiration for the Woman in Pain* and *Deeper Days: 365 Yoga-spirations for Inner Calm Amidst Chaos*, created *Stillness in the Storm: A Conscious Daily Journal of Yoga and Spiritual Healing* to help the reader do just that: let mind and spirit intersect and celebrate the power of hearing the heart in the here and now.

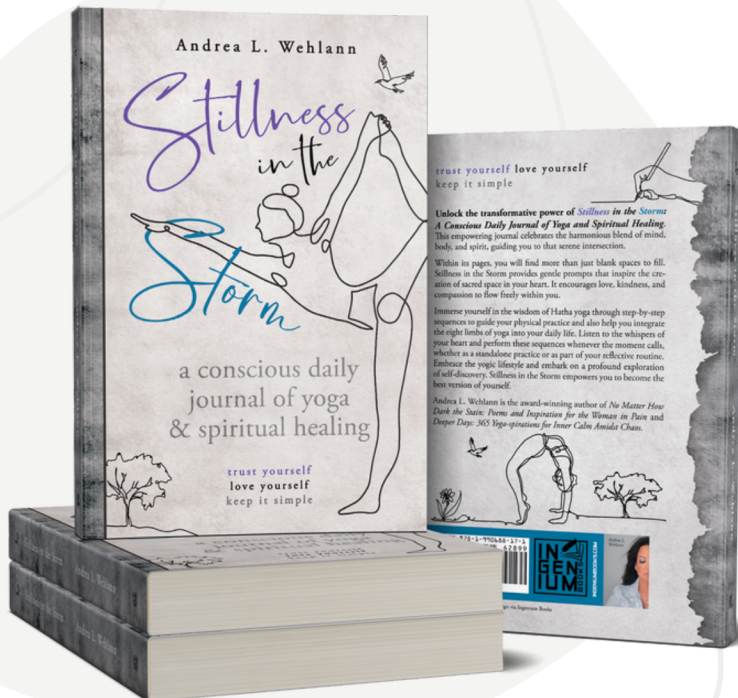
The book starts with step-by-step instructions for eight beautifully illustrated, gentle Hatha yoga sequences to help the reader incorporate the eight limbs of yoga in their daily life.

After each yoga sequence, there are two or three pages where the reader can write down their thoughts or make notes. The rest of the book consists of lined pages, some also including inspirational quotes and line drawings, for the reader to reflect. There are no times or dates included, so that the reader can write what they want, when they want, at their own pace. At any time, they can go back to the Hatha yoga sequence of their choice at the beginning of the book.



Andrea L. Wehlann is a certified Hatha Yoga teacher and owns and operates the Ganga Moon Yoga Studio in Beamsville, Ontario, Canada. With a BA in psychology from Brock University and a social services diploma from Niagara College, Andrea's work in the social services field, as well as a Reiki Master, Brazilian Jiu Jitsu, Chi Kung, Feng Shui, and meditation practitioner round out her experience. She's the author of two other books for women: *Deeper Days: 365 Yoga-spirations for Inner Calm Amidst Chaos* (Ingenium Books, 2022) and the full-length poetry collection, *No Matter How Dark The Stain: Poems and Inspiration for the Woman in Pain* (Ingenium Books, 2021).

Stillness in the Storm: A Conscious Daily Journal of Yoga and Spiritual Healing (Ingenium Books, 2023) is Andrea's third book.



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Target Audience

- Women
- Yoga lovers
- Those interested in alternative healing practices and spirituality

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