



Aleph-Bet Yoga: Embodying the Hebrew Letters for Physical and Spiritual Well-Being

Steven A. Rapp

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As we move our bodies through the Hebrew aleph-bet, turning toward the inner meaning of the letters, we can tap into the deep connections between our body, mind and spirit. Combines the physical and spiritual aspects of Judaism and features step-by-step instructions, photographs clearly demonstrating each yoga pose, and insightful words to inspire and guide us in connecting the spiritual meaning of the Hebrew letters to our yoga practice.

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