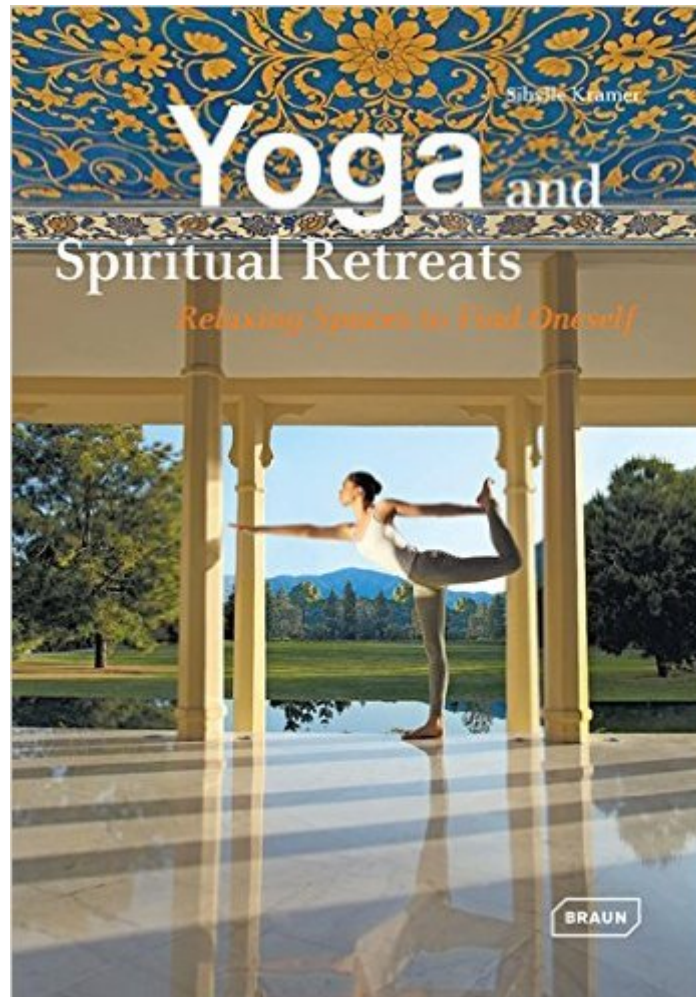


The book was found

# Yoga And Spiritual Retreats: Relaxing Spaces To Find Oneself (Dreaming Of)



## Synopsis

Modern life is marred by hectic pace, stress and negative environmental influences. Places to get away from the routine, where body and soul can find harmony again, to breathe deeply and feel good with oneself are sought out more and more. Beautifully designed retreats are turning up across the globe – usually in special locations in the midst of breathtaking, pristine nature. This volume presents buildings and spaces devoted specifically to contemplation, meditation, regeneration and the enjoyment of quietude. The designs are guided by lighting and color schemes, natural materials and views into nature, providing energy on the way to complete relaxation, self-awareness and inner illumination. Architecture creates the connection between the human being, space and nature.

## Book Information

Series: Dreaming Of

Hardcover: 192 pages

Publisher: Braun Publish,Csi (June 7, 2015)

Language: English

ISBN-10: 3037681942

ISBN-13: 978-3037681947

Product Dimensions: 9.6 x 1 x 13.4 inches

Shipping Weight: 3.5 pounds (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #761,326 in Books (See Top 100 in Books) #142 in Books > Arts & Photography > Architecture > Buildings > Religious Buildings #1654 in Books > Engineering & Transportation > Engineering > Reference > Architecture #1849 in Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga

[Download to continue reading...](#)

Yoga and Spiritual Retreats: Relaxing Spaces to Find Oneself (Dreaming Of) Really RELAXING Colouring Book 7: Mindfulness Mandalas: A Meditative Adventure in Colour and Pattern (Really RELAXING Colouring Books) (Volume 7) Really RELAXING Colouring Book 3: Botanicals in Bloom: A Fun, Floral Colouring Adventure (Really RELAXING Colouring Books) (Volume 3) Yoga Philosophy of Patanjali: Containing His Yoga Aphorisms with Vyasa's Commentary in Sanskrit and a Translation with Annotations Including Many Suggestions for the Practice of Yoga Glimpses of Raja Yoga: An Introduction to Patanjali's Yoga Sutras (Yoga Wisdom Classics) Mussar Yoga:

Blending an Ancient Jewish Spiritual Practice with Yoga to Transform Body and Soul Managing Oneself (Harvard Business Review Classics) Managing Oneself The Subtle Power of Spiritual Abuse: Recognizing and Escaping Spiritual Manipulation and False Spiritual Authority Within the Church Dreaming Me: Black, Baptist, and Buddhist \_ One Woman's Spiritual Journey Seek and Find Can You Find Me? (Seek and Find Book) Snow Country: Mountain Homes and Rustic Retreats Island Living: Inland Retreats and Shoreside Havens Veranda Retreats Rustic Retreats: A Build-It-Yourself Guide Building Screened Rooms: Creating Backyard Retreats, Screening in Existing Structures, A Complete How-to Guide Do Not Disturb!: Heavenly Honeymoon Retreats Little Flower Yoga for Kids: A Yoga and Mindfulness Program to Help Your Child Improve Attention and Emotional Balance ABC Yoga: Join us and the animals out in nature and learn some yoga! Pre-natal Yoga: Yoga Class and Guide Book.

[Dmca](#)