

[TROUBLE VIEWING?](#) Click Here to view the Promo card on the web

[SIGN-UP NOW! SIGN-UP NOW!](#) Click to become a Member for Free!



EMPOWERMENT

VOICEAMERICA



### The Self Improvement Show Archives Available

May 18th 2017: The Heart and Science of Yoga

Today, the evidence is everywhere that meditation improves health, mental acuity, emotional balance and spiritual connection. While most North Americans today perceive Yoga as a valuable source of exercise and quieting of the mind, "The Heart and Science of Yoga" shows that it is so much more. As it was evolved through ancient wisdom, Yoga Science is an eight-step method for managing the life force energy that propels us and connects us to the infinite power that is within and without us all. And the result of mastering it is the bliss and daily joy that lies in the realization of our connecti

[Read more](#)



### Tune in

Archives Available on VoiceAmerica  
Empowerment Channel

EPISODE ON DEMAND

VIEW HOST PAGE

### Featured Guest



#### Leonard Perlmutter

Leonard Perlmutter is the founder and director of The American Meditation Institute in Averill Park, New York. He also serves as the author and editor of "Transformation," the Journal of Meditation as Mind/Body Medicine.

[Read more](#)

### Share This Episode



### Connect with VoiceAmerica

Download our mobile apps



Come see what VoiceAmerica's  
hosts are writing, on PressBlog!

