

The journal only version offers 40 days of structured pages to aid your own meditation. This journal is meant to be used as a tool with whichever meditative practice you choose. I share some of my favourite mantras but recommend to ask your yoga or meditation teacher as to which exercise is best for you. Kundalini yoga was the authors chosen framework however this journal is non-dogmatic, as to help beginners and mavens during the process of personal growth through a daily meditation practice. There is a combined journal and book version of this title, where I share some of my experiences as a beginner yogi. The author also offers a series of free 40 Day meditation workshops in London. Please see <http://www.facebook.com/groups/HoldThisSpace/>

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