



FOR IMMEDIATE RELEASE:

Radical new book, 'Yoni Shakti' unveils the true potential of yoga and female spiritual empowerment

The book that women have been waiting for is finally here - 'Yoni Shakti', a ground-breaking work about yoga and feminine power written by Uma Dinsmore-Tuli, renowned yoga therapist, yoga teacher-trainer, mother and author.

A culmination of Uma's forty-four years of yoga practice and twenty years of teaching, Yoni Shakti combines vivid real life stories with radical feminism, poetic meditations with guided yoga practices, and historical explorations with philosophical debates. Literally translated as 'Source Power', Yoni Shakti unearths the wisdom and insight, freedom and power that women can experience through a feminine approach to yoga that honours each cycle of a woman's life, nourishing her health, self-esteem, sexuality and spirituality.

Prepare for a paradigm shift, as this trail-blazing work presents an engaging and astonishing argument that a woman's genuine spiritual empowerment really is the most revolutionary of forces.

"A beautiful book that will empower women in their practice and show how the fundamental origins of yoga can be found in a more feminine and intuitive approach."
Angela Farmer.

Published by Yogawords

Yoni Shakti launches on Saturday 15th March 2014 at The Life Centre, Britannia Row, N1 8QH with a [Womb Yoga session and book launch party](#).

RRP £30 in paperback. Available to buy at Yogamatters.com.

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About the author: Uma Dinsmore-Tuli PhD is a yoga therapist and yoga teacher with special expertise in women's health, pre- and post-natal yoga and fertility. Yoni Shakti is Uma's fourth book. For more info visit www.yonishakti.co and <http://www.wombyoga.org>

About the publisher: Yogawords is London-based publisher specialising in quality and inspiring yoga books written by yoga experts. For more info visit: <http://www.yogawords.com>

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