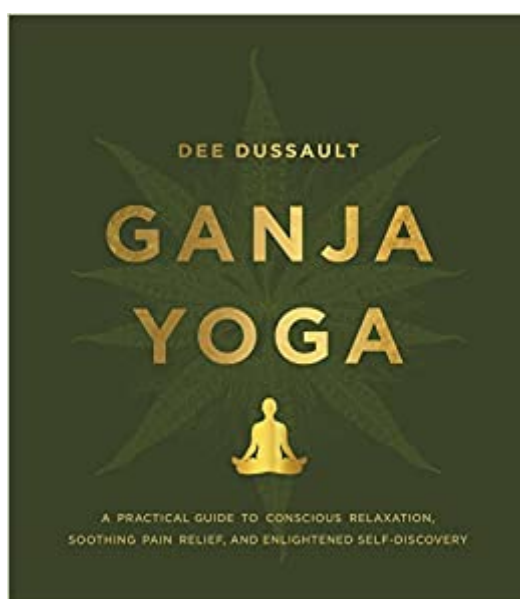


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Ganja Yoga: A Practical Guide To Conscious Relaxation, Soothing Pain Relief, And Enlightened Self-Discovery



Synopsis

Yogis have been using cannabis to enhance spiritual practice for millennia. Unfortunately, we've lost this tradition in the modern practice of yoga, and along with it the ability to truly relax, self-connect, and find peace. In *Ganja Yoga*, Dee Dussault, certified yoga instructor and the first person to bring ganja yoga classes to North America, finally takes this ancient tradition mainstream. Suitable for beginners and sages alike, *Ganja Yoga* will show you how to: Reap the benefits of cannabis scientifically proven effects on mental and physical conditions Assume an altered state in a safe, energizing way Reconnect with the body and enjoy a form of exercise that is inwardly-focused and accessible to anyone Select the best setting, time, method of consumption, strains, poses, and breathing techniques to ensure an excellent experience As cannabis is embraced more and more as a source of health and wellbeing, there is a growing cultural conversation about the role of the plant as part of a spiritual journey. *Ganja Yoga* is a welcoming guide through that process, offering a path to intentional relaxation that encourages meditation, movement, and awareness for a more stress-free, harmonious world.

Book Information

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Customer Reviews

"Dee Dussault has led the way in bringing the age old combination of ganja and yoga to the Western world. In an easy to read accessible guide she explains the many benefits to be found in a marriage between sacred medicine and hatha yoga. (Chris Bennett, author, *Cannabis And The Soma Solution*)" "Hip, user-friendly" "Dussault employs both scientific studies and

humor while handing out tips on safe consumption and class etiquette. Although some yoga purists may resist the concept, Dussault makes an entertaining and well-informed case for the marriage of cannabis and yoga. (Publishers Weekly) Finally—the book that we’ve all been waiting for! Dee Dussault has masterfully crafted the ideal handbook on how to integrate the vast powers of yoga and cannabis. Beautifully illustrated and creatively designed, I couldn’t recommend Ganja Yoga more highly. (David Jay Brown, author of *The New Science of Psychedelics and Mavericks of the Mind*) “A unique method for supercharging your yoga experience—a fine manifesto. Ganja Yoga has some dynamite recipes for THC-infused smoothies and a ganja milkshake, plus tips to alter your diet to make your body more cannabinoid-friendly. (SF Weekly) “Dee’s book made me see yoga from a different perspective. (JeffThe420Chef, author of *The 420 Gourmet*)

The First Ever Guide to Ganja Yoga, Offering a Path to Intentional Relaxation, Mindful Movement, and a New Spiritual High Welcome to Ganja Yoga. This ancient ritual has been practiced by yogis for thousands of years, and now you can welcome the enhanced experience into the comfort of your own home. Use this book to reap the scientifically proven health benefits of cannabis, and quiet the mind while you nurture the body. Learn how to select the best setting, time, method of consumption, strains, poses, and breathing techniques as you practice a time-honored tradition that encourages meditation, movement, and awareness for a more stress-free, harmonious world. Namaste, indeed.

Dee effortlessly describes both the foundational aspects of yoga and cannabis as a spiritual and physical tool. What a joy to read, it is a true inspiration to be presented with such a well rounded primer for such a promising pairing. I can’t say enough about this book and its author.

Better than had hoped! I thought it may be a bit of a goofball stoner book, but Dee is a very good writer and the book is more comprehensive than expected.

I am 68 and have MS. I have been a rower since the age of 14 and flew helicopters for 20 years. Both of these pursuits have kept me fit and enjoying life but with consequences as well. I have significant discomfort from too many miles on the river and too many hard landings. In college I did my share of ganja but with my career and other responsibilities weed was not part of my life. I began doing yoga classes twice a week at my gym about 3 years ago but started to slack off due to my competitive nature to try to do every pose perfectly and found my pain and discomfort was not

decreasing. Recently, I read a review of Dee's book in the paper right before I went to visit my son in Boulder. A group of my son's friends had planned a 12K hike and camp out up Mount Evans. We ate a big breakfast with enhanced butter, peanut butter, jelly and almond milk. I was stunned when climbing that mountain I took the lead 3 times and experienced no discomfort then or after. While in Boulder we went to The Boulder Book Store and the first book I saw was Dee's. Started reading it on the flight back and then bought the ebook once home and loaned the book to my yoga instructor. I "somehow" received a "pen and 2 cartridges" and tuned up before my Tues Yin class.

Remarkable! I cannot be more thankful to Dee. Her insight, knowledge and genuine honesty moved me. It feels good to see a path in front of me which has placed yoga and meditation in a wonderful new enhanced light.

Synopsis: Like Ganja Yoga itself, a pleasurable experience
Dets.: I'm often turned off by educational texts due to the aloofness of their authors. Not so with "Ganja Yoga": Dee Dussault's voice is supportive and encouraging throughout. Her writing is entirely accessible and "down to Earth", yet authoritative, as it's clearly informed by experience and outside research. I'm SO for more voices on the incredible benefits of cannabis. Indeed, it's not always about "getting high" - la Cheech and Chong; cannabis truly is medicine. "Ganja Yoga" is a great read on both cannabis and yoga for the novice OR experienced practitioner.

Love this book! It's so well written, in that it feels like an easy to consume instructional guide for novices--like myself--on practicing "enhanced" yoga. I reads like a fun text-book with useful tips, interesting anecdotes, and a historical context of Ganja Yoga that I was unaware of. I really want to take a class with Dee Dussault now... Must read for lovers of yoga, ganja, or both!

Dussault provides clear, readily accessible information for yogis and cannabis lovers about the history, health benefits, and practice of cannabis enhanced yoga. As the first Westerner to offer enhanced public classes, Dussault has long experience working with the plant to bring new levels of relaxation and visionary experience to her asana. Meticulously sourced and clearly written with a charming voice, this book is a must for any lover of yoga or cannabis. You will not look at either the same way after viewing.

Interesting take on combining yoga with cbd/thc use.

Very informative and helpful

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Back Stretching: Back Strengthening And Stretching Exercises For Everyone (lower back pain,
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And Easily Cure This Nasty Nail Disease Today From The Comfort Of Your Own Home (Foot Pain,
Foot Problems, Foot Pain Relief, Foot Reflexology) TMJ Temporomandibular Joint Dysfunction -
Causes, Symptoms, Treatment, and Pain Relief For Your Jaw Pain (How to Get Rid of Jaw Pain &
Headaches Due to TMJ) Knee Pain: Treatment for beginners - 2nd EDITION UPDATED &

EXPANDED - Knee Pain Relief, Cure and Exercises to overcome your knee problems (Knee Problems - Knee Pain Cure - Knee Hurt Book 1)

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