



# A Book is Born

Do you know that expectant elephants carry their babies for 22 months? Can you imagine being pregnant for 22 months?!

Just like elephants, I am getting ready to "birth" the delivery of a book along with my colleague and co-author, Deborah Valentine Smith. We have been working on this collaboration way longer than Mama Elephant and it is available now.



This innovative approach is **JingJin Yoga** and we are very exciting to be introducing these deceptively simple asanas that profoundly benefit the whole body in many surprising ways. When practiced regularly they are cumulative and the benefits are truly endless. Presented as a practical manual, the **JingJin Yoga: Stretches for the Fascia Combining the Asanas of Yoga with the Tendinomuscular Pathways of Chinese Medicine** introduces a novel modality that we developed.



**This is a marriage of the JingJin of Chinese Medicine, (the "Tendinomuscular Meridians") with the ancient poses of Yoga.** The **JingJin** are branches of the principal pathways that nourish the muscles and superficial fascia along their route. We have refined the poses to specifically target the muscles and fascia through which the **JingJin** flows.

Want to learn more?...visit:

[https://www.amazon.com/stores/Barbara-Teddy-Piotrowski/author/B0CVYH1M6Z?ref=ap\\_rdr&isDramIntegrated=true&shoppingPortalEnabled=true](https://www.amazon.com/stores/Barbara-Teddy-Piotrowski/author/B0CVYH1M6Z?ref=ap_rdr&isDramIntegrated=true&shoppingPortalEnabled=true)

or

<https://store.bookbaby.com/book/jingjin-yoga>

Sending light and love, Teddy

Barbara "Teddy" Piotrowski, RN, HNB-BC, BA, Dipl. ABT (NCCAOM®), C-IAYT is a Board-Certified Holistic Nurse with more than 40 years of medical experience. She is a Certified Yoga Therapist and a Diplomat of Asian Bodywork Therapy.



<https://greaterharmony.net/jingjin-yoga-book>