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NEW BOOK

Yoga Beyond the Physical, Practices and Insights to Deepen Your Yoga and Enrich Your Life

Victor, ID — Crystal Borup writes a new best selling book while living in a small cabin in the Tetons. Crystal is a self-published author and received best-seller status on Amazon in the categories of yoga, meditation, mental and spiritual healing, chakras, and more. “I am so deeply touched by the positive response since my book was released,” says Borup. Crystal is originally from White Salmon, WA and recently relocated to Victor, ID with her husband and two Golden Retrievers.

Crystal’s yoga journey began almost 20 years ago. She learned early on that yoga was so much more than a physical practice. “The physical practice of yoga was intended to prepare the body for meditation.” Borup states. She was drawn to all of it, asana, meditation, mantra, pranayama, mudras, chakras, yoga philosophy, etc..

Crystal began teaching yoga in 2013 with the intention to help bring people to experience a deeper state within themselves. After almost a decade of teaching yoga, Crystal has taught, guided, and mentored thousands of students, helping them experience a greater sense of well-being.

Crystal's new book, Yoga Beyond the Physical can be purchased on Amazon or through her website: crystalborup.com. To learn more about Crystal and her current offerings, go to www.crystalborup.com. Crystal is available for interviews about her book and can be reached at email crystalborup@icloud.com, or call (360) 600-2538. For digital images go to www.crystalborup.com/press-media.

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