



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

Dee Dussault

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From the first yoga instructor to bring cannabis-enhanced yoga classes to North America, a groundbreaking guide to finding balance in our lives using the ancient method of mixing cannabis with spiritual practice.

Yogis have been using cannabis to enhance spiritual practice for millennia. Today, there is a quiet but growing conversation within the Western yoga community about the potential role of cannabis for modern seekers pursuing a spiritual path. Now, certified yoga instructor Dee Dussault takes this ancient practice mainstream. *Ganja Yoga* isn't just mixing cannabis and exercise; it is a ceremony that makes conscious relaxation an intentional ritual that can be enhanced with practice—a lifestyle to help you create a more harmonious and stress-free world.

For some contemporary yoga adherents, marijuana can deepen awareness, acceptance, connection, and relaxation during practice. As state laws loosen and the stigma surrounding marijuana dissipates, cannabis is increasingly seen as a legitimate supplement to increased health and wellbeing. *Ganja Yoga* explains how to set up a sacred space that allows you to use this relaxing substance with yoga for enlightenment (or at least some awesome stretching and meditation).

Dee walks you through the considerations and best practices for introducing cannabis into your yoga practice, or infusing yoga into your smoking routine. But it's not about being stoned out of your head—as Dee says, it's like adding spice to your food. In *Ganja Yoga*, she explains how to:

- Reap the benefits of profound relaxation
- Assume an altered state in a safe, energizing way
- Deepen the spiritual practice of yoga
- Reconnect with the body using ancient techniques
- Select the best setting, time, method of consumption, strains, poses, and breathing techniques to ensure an excellent experience

Whether you want to practice in a class or in the privacy of your own home, *Ganja Yoga* is your key to reaching a new spiritual high.

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