

# Download The Nalini Method 7 Workouts For 7 Moods

The Nalini Method: 7 Workouts for 7 Moods [Rupa Mehta] on Amazon.com. \*FREE\* shipping on qualifying offers. Rupa Mehta, called a “pint-sized guru” by Vogue and the “Rachael Ray of Fitness” by the New York Post. The Nalini Method: 7 Workouts for 7 moods is an innovative mood-based fitness plan that fuses yoga, Pilates, strengthening exercises, and barre work to help participants lose emotional weight and find emotional fitness—transforming both mind and body in the process. Rupa’s dynamic techniques synthesize Western and Eastern approaches to create an accessible program that’s as challenging as it is fun. NALINI ABS: Core Strength, Core Values. Watch the latest. #ConnectwithRupa! View Post