



The Nalini Method: 7 Workouts for 7 Moods

Rupa Mehta

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Rupa Mehta, called a “pint-sized guru” by *Vogue* and the “Rachael Ray of Fitness” by the *New York Post*, has helped thousands of people on their journey to physical and emotional wellness from her New York fitness studio. Now, with *The Nalini Method*, Rupa brings her revolutionary techniques for shedding emotional weight and achieving balance of body and mind to the wider world with a gorgeous and fun full-color book.

The Nalini Method 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.

The workouts of *The Nalini Method* help participants find balance within seven different moods:

- Anger
- Energy
- Stress
- Chill
- Happiness
- Doubt
- Anxiety

In addition, Rupa includes recipes for six unique and delicious “mood foods” to help maintain energy and balance along the way.

With tips and resources to help any woman achieve her fitness goals every day, *The Nalini Method* blazes a new and exciting trail to physical and emotional well-being.

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