



# Heals over Head: Yoga & Yap healed Me. Who heals War?

*Linda Germanis*

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# Heals over Head: Yoga & Yap healed Me. Who heals War?

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## **Heals over Head: Yoga & Yap healed Me. Who heals War?** Linda Germanis

Heals over Head is a journey of self-discovery based on humanitarian work, personal healing, and yoga training: from the island of Yap, Micronesia, to India, Bali and the world. It is a journey that led me to the creation of a yoga project about celebrating healing and giving it back to those who most need it: the ever-growing number of people affected by trauma in war areas and contexts at risk. Here I am, Linda Germanis, founder of 'Yoga Fusion, Yoga in Action for Post-Conflict Reconciliation'. And this is simply the story of the dream I am accountable for, of how I found strength and purpose creating a participatory action research project able to see growth while still knowing there's so far to go. Buying this book you are joining me in a dream of yoga in action to support Yoga Fusion!

To sneak a peek inside the book visit: <http://healsoverhead.com>.

For more information about the project and me visit: <http://yogafusionkarma.com>.

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