

"Hilda Chasia Smith has a profound understanding of a great many spiritual traditions, especially Judaism and yoga."

— *Iewish Post and News*

"For those of us who are interested in a heartfelt journey and experiencing expanded consciousness, Hilda Chasia has artistically created a vehicle that is a mustride."— *Dr. Dennis Lamothe, psychologist*

UpRoute Imprint of Durvile Publications OCC010000 Mindfulness & Meditation P0E003000 P0ETRY Inspirational

The Every River Lit Series, Ways of Light ISBN: 978-1-990735-60-8 (pbk) *E-book and audiobook also available*

Book release date, September 2024 5.5" x 8.5" | 132 Pages | b/w and color illustration \$29.95 in Canada, \$24.95 in US

Hilda Chasia Smith lives in Calgary, Alberta

For media contact: Lorene Shyba | 403 818-4808 | lorene.shyba@durvile.com

For retail, school, and library orders contact: Canada West: Read + Co. Books (250) 532-3976 Sask., Manitoba: Rorie Bruce (204) 781-1769 Ontario, PQ, Atlantic: Hornblower Group. (416) 461-7973 USA: National Book Network (800) 462-6420

CHASIA'S ENCHANTMENT

Expanded Edition

POEMS OF WORLD PEACE, LOVE & UNIVERSALITY

BY HILDA CHASIA SMITH

• • •

Discover the enchanting world of Hilda Chasia Smith in the expanded and revised edition of *Chasia's Enchantment*. This new edition features a fresh selection of inspiring poems in both English and Hebrew, soulful guided meditations, and art in full colour. Experience the virtues of kindness, compassion, humility, and self-assurance derived from the timeless teachings of the Torah and Kabbalah. Embrace the essence of breath, mindfulness, and inner peace through the principles of Pranayama Yoga. These powerful themes converge to guide us into a deeper understanding and appreciation of world peace and international harmony. *Chasia's Enchantment* is more than just a book; it's an invitation to live with greater love, to practice mindfulness, and to contribute to the spirit of global peace and understanding among all nations.

ABOUT HILDA CHASIA SMITH



Hilda Chasia Szternfeld Smith was born in Winnipeg, Canada to survivors of the Holocaust. She holds degrees from University of Calgary, University of Manitoba, Chopra Center University, California, and Pranayama Centers International. Her prose and poems have been published in *Embrace Your*

Divine Flow: Evolvements for Healing and her paintings have been represented by galleries in Calgary, Alberta and Winnipeg, Manitoba.

