

The Inner Work Podcast

author: The Yoga Couple - Mat & Ash

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Synopsis

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The Inner Work Podcast, hosted by Mat & Ash, the best-selling spiritual self-help authors of The Inner Work book and also known as The Yoga Couple, offers inspiration and guidance on how to self-heal your mind, body, and soul, and how to navigate your relationships consciously. The show covers a range of topics such as inner child healing generational trauma, shadow work, sex and intimacy, conscious relationships, marriage, and dating all from a self-aware spiritual lens. The Inner Work Podcast supports you in all things related to doing The Inner Work on yourself and within your relationships. Start your self-healing journey by reading The Inner Work book, available at <https://www.theinnerwork.com/> Take The Namaste Together Couples Challenge with Mat & Ash at <https://www.theyogacouple.com/namastetogether> Join their 200hr Yoga Teacher Inner Work Facilitator training at <https://www.sacredyogainstitute.com/> You can also follow Mat & Ash on Instagram, TikTok, and YouTube at @theyogacouple.

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