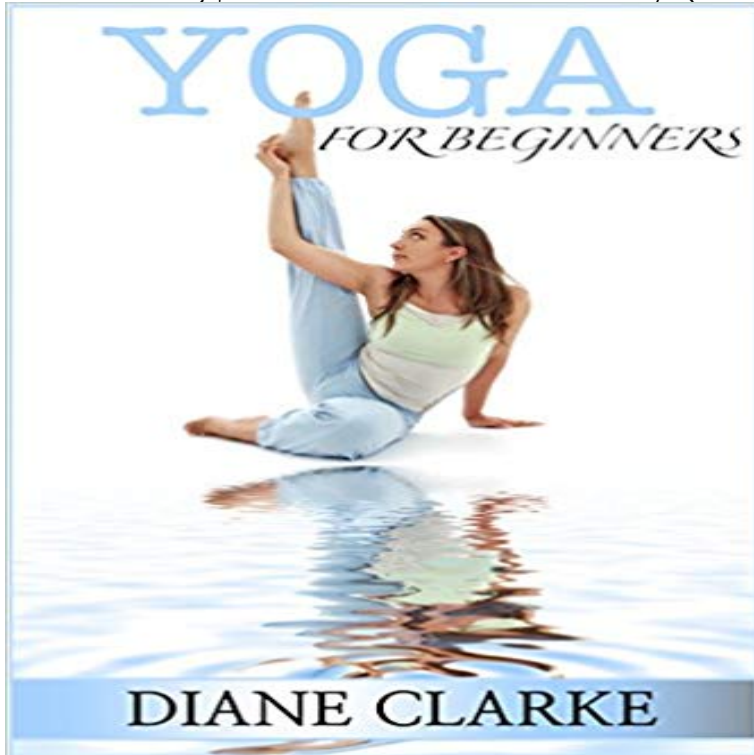


## Yoga For Beginners: 45 Easy Yoga Poses To Kick Start Your New Year, Lose Weight and Heal Your Body (Weight Loss, Yoga)



Free Gift Inside This Book!! Do YOU have an intense desire to learn and experience Yoga? Do you want to develop an authentic life practice that works for all parts of you (body, mind and soul)? Are you wary of taking that first step because you're not flexible, or don't have time, or are seeking the right teacher? Well then, you've just found THE book to kick-start your miraculous tryst with this science. Yoga For Beginners is written FOR BEGINNERS, to help you understand the very foundation of Yogic living! Inside there are 45 key poses for you to learn with great descriptions and images. This book is for men and women and the poses included can be practised at any level. Here's Just Some Of What We Will Cover Inside Yoga For Beginners... A radical reintroduction to this science, that is sure to challenge what you've learnt from the modern world! The very practical eightfold path and what it means to YOU! 45 simple to advanced poses to ease you into a complete practice! Yogic practices to rejuvenate all components of you (body, mind and soul). Direct techniques to expand your breath and gain more energy. Potent visualization techniques to get more out of your practice. The benefits and methods of Mudras Therapeutic postures, breathing techniques and hand gestures to balance diabetes, overcome heart disorders, balance your blood pressure, improve your metabolism, fix your digestion and much more. Teachings to take your daily practice to the next phenomenal level! And a whole lot more. Scroll to the top of the page and click the orange button on the right hand side to get your copy of Yoga For Beginners Today. I'm sure this book will provide you a lot of value and give you a comprehensive knowledge of the science and art of Yoga. So please join me on this journey and I sincerely hope you enjoy the book. Namaste ~Diane Clarke Tags: Yoga, Poses, Yoga For Beginners, Weight

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