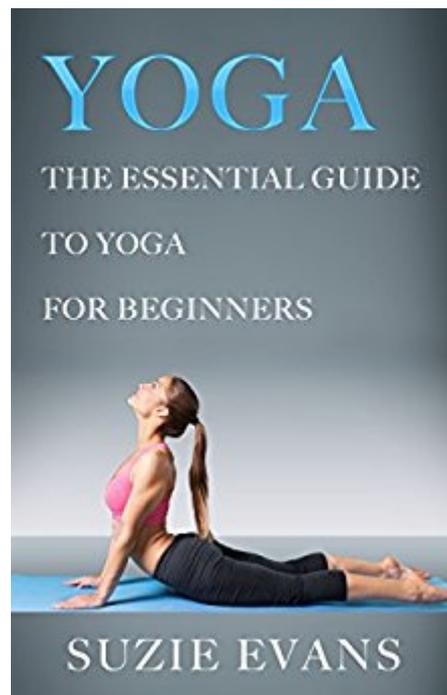


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# YOGA: The Essential Guide To Yoga For Beginners (Yogananda, Yoga Anatomy, Yoga Poses, Yoga Sutra, Yoga For Men, Yoga Journal)



## Synopsis

If you are a Beginner to Yoga, Relieve Stress, or Seek Inner Peace, then this is for You! Here is a preview of what you'll learn:- What Yoga can do for you- The history of Yoga- The different styles of Yoga to create the feelings you desire- The health benefits of yoga that will boggle your mind- 10 simple yet essential Yoga poses for beginners- Best yoga asanas for losing weight quickly and easily- Yoga poses for stress relief and flexibility- Yoga poses for emotional and physical healing- Overpowering asthma with yoga- Yoga for backache and joint pains- Safe prenatal yoga asanas to ease your pregnancy - Yoga poses for men's fitness - Meditation- Breathing Exercise for Greater Energy and Productivity- Mistakes to avoid as a beginner\*\*One last thing...if you download today, you'll get a link to receive incredible ebooks TOTALLY FREE!\*\*To Read Immediately, Scroll Up To The Top-Right & Click The Orange "Buy now with 1-Click" Button.KINDLE UNLIMITED MEMBERS - DOWNLOAD THIS BOOK TOTALLY FREE!

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## Customer Reviews

If you are interested in learning Yoga, then this book is what you need to read first. In here, you will be provided with essential information which can help you understand how this meditation works.

You will also learn its various benefits for your body and health. This will thoroughly guide you so that you'll be able to properly start this practice. The contents of this book is certainly very suitable for a complete beginner to read.

Amazing resource for people new to yoga. This book walks you through everything you need to get started properly. Simple to follow and a lot of excellent advice and tips on the proper way to perform poses. Pleased I grabbed this one when I did. Nice work!

I have never read any book on yoga that is so detailed as this one. Knowing the benefit ones can derive from practice yoga alone brings motivation. The book also listed a lot of yoga techniques that i could actually make use of. I am glad i read this book, it actually worth it.

As a person who has very little knowledge of Yoga I enjoyed the simplicity and ease this book. Leaving out the history of yoga, which to be truthful I don't really need to know. Taking a mere beginner like myself you're giving program to follow. Filled with lots of color photos and simple and well laid directions I'd recommend it to any compete novice like myself. Very helpful book for guys getting into yoga. Author Olivia Summers knows her stuff!!! I highly recommend this book to anyone looking to learn more about yoga.

This product will help you learn to relax and chill. Be stress free by reading the guides and the tips given in this book. I like the content because I find it effective. So relaxing and I can feel the inner peace. You have so much to learn from this book. I like it because it they put pictures and some illustration on it. This book is a big help to me. This is a good book and very interesting book. I like this book.

This is one of the best exercise now a days and could help you loose you weight and have a healthy body. You will learn the different Yoga poses and will help you while achieving the body that you want.

A very good book. I learned a lot of new and interesting poses and exercises. Now my body has become much more plastic and my mind became calmer and freer. I can easily do everyday things, I often have good mood. I want to recommend this book to everyone.

Wow what a great book! I had already taken an introductory yoga class and, while I liked it, I didn't feel like shelling out cash again (for some reason, yoga is never cheap). This book is great if you're into yoga and have a do-it-yourself personality. It helps you build your own routine, gives you advice regarding duration and frequency of your yoga sessions, and has helpful dos and don'ts.

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