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Yoga: 100 Key Yoga Poses and Postures Picture Book for Beginners and Advanced Yoga Practitioners: The Ultimate Guide For Total Mind and Body Fitness (Yoga ... Books) (Meditation and Yoga by Sam Siv 3)

Sam Siv

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Picture Book for Beginners and Advanced Yoga Practitioners: The Ultimate Guide For Total Mind and Body Fitness

★★★Over 100 Yoga Poses with Easy Navigation To Each★★★

Would you like to learn new yoga poses in the privacy of your own home?
Do you want to see how the pose looks when someone does it?
Are you interested in knowing what the official and relaxed name of poses are?

If the answer to any of these questions is yes, then this is the guide book for you. In this book, you will learn the official and relaxed English name for each pose as well as a picture of someone who is correctly demonstrating the pose.

Yoga is a physical, mental, and spiritual practice or discipline that denotes a variety of schools, practices and goals.

In this guide you will learn how to correctly perform the following poses in detail:
✔Revolved Side Angle
✔Reclining Hand-To-Big-Toe
✔Shoulder Stand
✔Half Locust Pose
✔Wide Leddeg Forward Bend C
✔Downward Facing Dog
✔Salutation
✔Twisting Cobra
✔Downward Facing Dog 2
✔Extended Triangle Pose
✔Leg Fold Plough Pose
✔Wide Legged Forward Bend A
✔Straight Arm (Sky Face) Cobra Pose
✔Half Spiral Twist Pose
✔Side Reclining Leg Lift Pose
✔Supported Shoulder Stand

✔Upward Facing Intense Posterior Stretch
✔Cobra Pose Sitting
✔Cobra Pose
✔Plow Pose
✔Twisting Cobra
✔Balancing Butterfly Pose
✔Locust Pose
✔Wide Legged Forward Bend Salutation
✔Seated Forward Bend
✔Headstand
✔Seated Kneed Bent Toe Touches
✔Sleeping Vishnu Pose
✔Camel Pose
✔Wind Relieving Pose in Yoga
✔ Seated Forward Bend
✔One Legged King Pigeon Pose
✔Sphinx Pose
✔Bow Pose
✔Twisted Triangle Pose Yoga
✔Cobra Pose
✔Wide Legged Forward Bend D
✔Standing Bow Pulling Pose
✔Crescent Moon Pose
✔Curred Hands Cobra Pose
✔Wide Legged Forward Bend B
✔Splits Pose
✔Frog Pose
✔Child’s Pose
✔Free Hands Head Stand
✔Half Standing Forward Bend Pose
✔Diamond Pose
✔Locust Pose Hands on Head
✔Frog Pose 2
✔Teddy Bear Headstand
✔Reclining Hero Pose
✔Wind Relieving Pose
✔Horse Riding A
✔Upward-Facing Open Angle Pose
✔Bridge Pose
✔Boat Pose
✔Happy Baby Pose
✔Little Thunder Pose
✔Wide Legged Forward Bend A
✔West Stretching Bend
✔Table Top Pose
✔Head to Knee Pose
✔Extended Cat Pose
✔Sep Leg Head to Knee
✔Plank Pose

✔Single Leg Cat Pose
✔Half Bound Lotus Pose
✔Extended Cat Pose
✔Seated Forward Bend Pose B
✔Relaxing Cat Pose
✔Cat Stretch Pose
✔Half Moon Pose
✔Awkward Chair Pose
✔Eagle Pose
✔Revolved Triangle Pose
✔Sun Salutation B
✔Standing Forward Bend
✔Seated Head to Knee Pose
✔Extended Puppy Dog Pose
✔Salutation
✔Extended Hand to Big Toe Pose
✔Supported Pigeon Pose
✔Standing One Legged King Pigeon Pose
✔Goddess Pose
✔Twisted Leg Side-bending Mountain Pose
✔Warrior 1
✔Downward eagle Pose
✔Sideways Bend Towards the Toes
✔Awkward chair Pose
✔Flying Eagle Pose
✔Twisting Triangle Pose
✔Hand at Foot Pose
✔Sep Leg
✔Head to Knee Pose
✔Standing Forward Bend
✔Revolved Extended Side Angle Pose
✔Warrior 2 Pose
✔Bound Hal Moon Pose
✔Twisted Side Angle
✔Standing One Legged King Pigeon Pose

Remember, this is a picture book and it will help beginners and advanced practitioners get their poses correct.

Download Today!

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