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Yoga: Yoga for beginners: The Guide to Master Yoga, Lose Weight, Heal Your Body and Find the Inner Peace. (Yoga poses, Yoga for weight loss, Yoga for beginners, Yoga guide, Yoga meditation)

Kara Bridger

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Learn How To Practice Yoga! Become Yoga Master, Lose Weight and Find Inner Peace Faster than Ever!

Today only, get this Amazon bestseller for just $2.99. Read on your PC, Mac, smart phone, tablet or Kindle device.

You have probably watched so many yoga sessions – on TV shows and movies. And you have probably heard your friends are taking yoga lessons. and most certainly you didn't do that too because you thought you weren't able to do it, or you weren't flexible. This book will prove how wrong you were. It is the perfect beginners guide to understanding yoga and starting with yoga exercises. This book will show you everything, step by step.

Here Is A Preview Of What You'll Learn...

Learn the history of yoga
You can't practice something you don't understand. That is why having an insight into its history and development will help you understand its philosophy. And don't worry; the book won't burden you with unnecessary facts.
Learn yoga's principles and types
Yoga has a lot of types. Every type of yoga has its benefits and allows you to make transition from one type to another. Start with type that is best for beginners and gradually improve. Also, yoga

has a few principles that you always have to consider.
These principles are simple and only exist to make it easier for you to exercise. They include what food to eat, how to breathe, how to have right posture. This book will show you why it's all important.

Learn all about yoga's health benefits
There is more to yoga then just switching from one pose to another. Yoga is the optimal way of connecting your mind, body and soul. It has numerous benefits and all of them are listed in this book. Learn why it's recommended for diabetics to exercise yoga, why yoga can prevent heart attack and stroke. Prolong your own life with yoga. You can do that by reading its book, getting informed about its health benefits and putting things to work.

What gear to buy
Yoga doesn't require too much gear. You don't have to waste your money on footwear, you don't need it. This book will help you pick the best clothes for yoga, best yoga mats, yoga blocks, and yoga straps.

Yoga exercises
To make things easier, this book will show you how to exercise, and what exercises you should do. Find out how to do them in order to lose weight.

Meditation
It is one of yoga's principles. It is also easier to achieve it than it looks. Find out how to meditate and how to find your inner peace in this book.

Extra help
In order to make things even easier the book contains answers to frequently asked questions about yoga. As the beginner, you will find this section helpful and it will be easier for you to practice.

Download your copy today!
Take action today and download this book for a limited time discount of only $0.99! Scroll up and click the "buy" button to learn more about yoga today !!

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