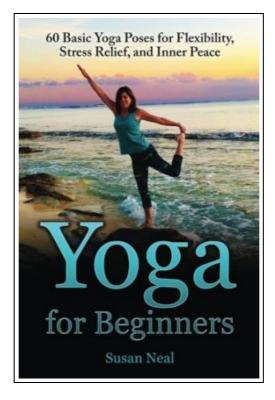
Yoga for Beginners: 60 Basic Yoga Poses for Flexibility, Stress Relief, and Inner Peace (Paperback)



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Reviews

The publication is great and fantastic. Sure, it is enjoy, nevertheless an interesting and amazing literature. You will not truly feel monotony at at any moment of your own time (that's what catalogues are for concerning when you request me).

(Fabian Bashirian DDS)

YOGA FOR BEGINNERS: 60 BASIC YOGA POSES FOR FLEXIBILITY, STRESS RELIEF, AND INNER PEACE (PAPERBACK)



Christian Yoga, LLC, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Yoga for Beginners eases you into the inner peace you long for at an easy, step by step beginners pace. Through Susan's gentle encouragement, you will learn how to improve your flexibility and relieve your stress. A broad range of yoga poses provide many options for the beginner to intermediate level student. A downloadable gentle yoga class video is included in this book. You deserve more than basic yoga postures and in Yoga for Beginners you get it. You will begin to breathe a new sense of well-being when you follow Susan's life-changing eating practices. Learn not only what to do and eat, but why. This book includes: -60 basic yoga posses with full page photographs and detailed explanations -Three different routines to give you variety -Warm up stretches -Injury prevention and posture modification suggestions -How to ease pain and anxiety -Essential components of yoga such as breathing and stretching -Meditation techniques to reduce your stress -Low glycemic diet guidelines to obtain your optimal weight -Causes of sugar cravings and solutions for controlling them -Susan's personal story of how she lost her health and the steps she took to regain it Susan Neal RN, a certified yoga instructor, with a Master in Health Science shares what she has learned through her 30-year journey of practicing yoga and obtaining ultimate health through proper nutrition.



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