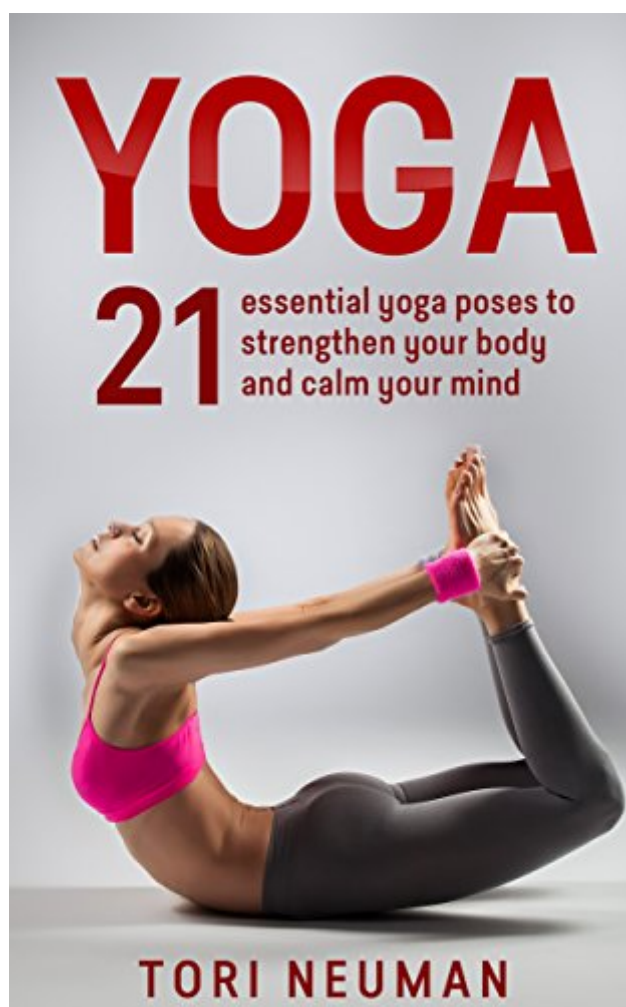


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Yoga: 21 Essential Yoga Poses To Strengthen Your Body And Calm Your Mind (FREE Meditation Bonus!): (Meditation, Yoga Poses, Relaxation, Stress Relief, Yoga For Beginners)





Synopsis

Unlock Your Inner Peace and Strength With the Power of Yoga Today! Yoga is a widely popular art form which is packed with benefits for absolutely anyone! Whether you are young or old, yoga can help you to relieve inner stress and increase strength. In this book, you will learn 21 of the most common poses that will help you attain agility and calmness. This guide is great for beginners who are just starting on their physical and spiritual journey. The various sequences engage your body and mind transforming you from the inside out. You will also learn a few tricks and hacks to improve your practice and help you move on to more advanced poses. Pictures Included! FREE Bonus on meditation included!! Here Is A Preview Of What You'll Learn... Basic Concepts and Yoga Beliefs You Must Know Before You Start Warm-up Yoga Poses The Four Warrior Poses Five Power Yoga Poses And so much more!! See What Satisfied Readers Have to Say!! "I have recently been getting into yoga. While I still consider myself somewhat new, I am always looking for ways to improve my form and new poses to try out. This book has helped with both. It has given me insight into new challenges and helped me realize some of the mistakes I was making with previous poses. It has really helped me improve and move forward in terms of yoga and I will soon be more than just a beginner!" - Braden "Great book! The book explains in clear language, and has a good variety of exercises. Some are easy - even I could do! Some are more challenging and require extensive training. The book begins with explanations and concepts about yoga. The exercises are divided into groups: - Four Warm-up Yoga Poses - Four Warrior Poses - Five Power Yoga Poses - Five Fundamental Poses of the Sun Salutation. I definitely recommend, this book which can fit beginners as well as more advanced levels. Enjoy!" - Michael "I know that the benefits of Yoga are innumerable and encompass the physical, mental and emotional aspects of life. In fact, this may be cited as one of the single most powerful reasons for people taking up Yoga practice. I learned from this book that Yoga has proven itself the only complete, holistic science and art of living that encompasses, within its many disciplines, the art of workouts as well as relaxation. This book by Tori contains proven steps and strategies on how to do yoga properly to help us achieve the full benefits of the said practice. This book also helped me learn the 21 most common poses in any yoga tradition. For a beginner, everything that I need to know about this practice was tackled here such as its basic concepts and beliefs we must know before starting to practice it, fundamental poses of sun salutation and meditation poses. Definitely recommended book to those who wants to understand and appreciate Yoga. Whether you're a beginner like me or a professional, this book has something good to offer." - Judy Hopps Take action today and download this book for a limited time discount of only \$0.99! FREE Bonus on meditation included!! Thanks!

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Customer Reviews

I've been practicing yoga for several years off and on, and I thought I might be "above" this book in terms of knowledge. I was wrong :). What I liked about this book (and why it got 5 stars from me) is the clear, concise descriptions of poses. A couple of poses I had been doing for years, I had been doing incorrectly. It's amazing what good instruction can do for your practice, and this book is easy to understand and worded correctly. Important in yoga, because if you're overextending yourself due to misinformation, you can end up really hurt! So I'd recommend this book if you're a beginner, or if you're like me and have dabbled for several years and thought you were beyond the Beginner Phase, especially if your only instruction has come from home fitness yoga videos.

Every one who practice YOGA I think this book is si helpful to them. Its very useful and rapid short read. Very helpful for someone (like myself) that has only done a single yoga sessions and looking for basic information and content. I appreciate the referral to other books on related topics and the

discussion of basic poses and Zen. Its Useful place to start in exploration of yoga.

Great book! The book explains in clear language, and has a good variety of exercises. Some are easy - even I could do! Some are more challenging and require extensive training. The book begins with explanations and concepts about yoga. The exercises are divided into groups: - Four Warm-up Yoga Poses - Four Warrior Poses - Five Power Yoga Poses - Five Fundamental Poses of the Sun Salutation. I definitely recommend, this book which can fit beginners as well as more advanced levels. Enjoy

If I can give it more than 5 stars I will.. I love Yoga and I've been practicing it for years. In this book I felt confident when I read this sentence in its beginning: "anyone can get the benefits regardless of weight, body type or fitness level".. I learnt that when doing anything, I should be very relaxed and do it very smoothly. It helped me clean my house very smoothly today. The book is interesting, not complicated, direct and to the point.

I have recently been getting into yoga. While I still consider myself somewhat new, I am always looking for ways to improve my form and new poses to try out. This book has helped with both. It has given me insight into new challenges and helped me realize some of the mistakes I was making with previous poses. It has really helped me improve and move forward in terms of yoga and I will soon be more than just a beginner!

I'm new to yoga and I must say that this book is very helpful. The explanations are simple and there are beautiful images to illustrate them. It gives the basic concepts without forgetting the meditation aspect, that is so important to yoga and sometimes overlooked nowadays. I totally recommend this book to anyone who is looking for an instructive and easy way to start with yoga.

Got me started. What more can be asked? Thanks!

I always wanted to start with yoga but I never had a book like this. I like this book because it has information about yoga and 21 easy poses to do. This is easy and simple reading with pictures for better imagination. The author did a great job. Thank you.

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Yoga: 21 Essential Yoga Poses to Strengthen Your Body and Calm Your Mind (FREE Meditation

Bonus!): (Meditation, Yoga Poses, Relaxation, Stress Relief, Yoga for beginners) Yoga: The Top 100 Best Yoga Poses: Relieve Stress, Increase Flexibility, and Gain Strength (Yoga Postures Poses Exercises Techniques and Guide For Healing Stretching Strengthening and Stress Relief) 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) Yoga: The Yoga Beginner's Bible: Top 63 Illustrated Poses for Weight Loss, Stress Relief and Inner Peace (yoga for beginners, yoga books, meditation, mindfulness, ... self help, fitness books Book 1) Yoga: A Man's Guide: The 30 Most Powerful Yoga Poses to Sharpen Your Mind and Strengthen Your Body (Just 10 Minutes a Day!, Yoga Mastery Series) The Adult Coloring Book for Coffee Lovers: A Meditation and Stress Relief Coloring Book for Grown-Ups (Humorous Antistress Coloring Pages and Zentangle Designs for Relaxation and Stress Relief) Guided Meditation: 30 Minute Guided Meditation for Sleep, Relaxation, & Stress Relief ((Self Hypnosis, Affirmations, Guided Imagery & Relaxation Techniques) Mandala colouring book for adults: Meditation, Relaxation & Stress Relief: +BONUS 60 free Mandala colouring pages (PDF to print) Easy YOGA GUIDE for beginners: Simple 46 Hatha Yoga Poses for Body and Mind (Yoga for Beginners Book 1) Calm colouring book: Adult colouring book with Easy flower designs and simple floral patterns for Stress Relief and Relaxation, Anti-Stress Colouring, ... Colouring Books of Adults) (Volume 3) RELAXING Grown Up Coloring Book: Awesome Philippines Relax Therapy - A Magic and Mindful Travel Adventure in Nature for Relaxation, Meditation, Stress Relief, Calm, Inspiration and Healing Meditation: Complete Guide To Relieving Stress and Living A Peaceful Life (meditation, meditation techniques, stress relief, anger management, overcoming fear, stop worrying, how to meditate) American Football Sketch Gray Scale Photo Adult Coloring Book, Mind Relaxation Stress Relief: Just added color to release your stress and power brain ... and grown up, 8.5" x 11" (21.59 x 27.94 cm) Guided Meditation: 30 Minute Guided Meditation for Sleep, Relaxation, & Stress Relief Stress Relief: Relax the Body and Calm the Mind, Restore Balance, and Resolve Difficult Situations Mindfulness: Mindfulness for Beginners: How to Live in The Present, Stress and Anxiety Free (FREE Bonus Gift Included) (Mindfulness, Meditation, Buddhism, Zen) Yoga for Pain Relief: Simple Practices to Calm Your Mind and Heal Your Chronic Pain (The New Harbinger Whole-Body Healing Series) Increasing Wholeness: Jewish Wisdom and Guided Meditations to Strengthen and Calm Body, Heart, Mind and Spirit The Calming Collection - Calm Mom, Calm Dad, Calm Child: Keeping Your Cool With Your Children, Your Family, and Everyone Else in Your Life Yoga: For Curvy Girls Guide - Easy Beginner's Poses for Women with Curves (Yoga for Stress Relief, Anxiety, Sleep & Weight Loss)

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