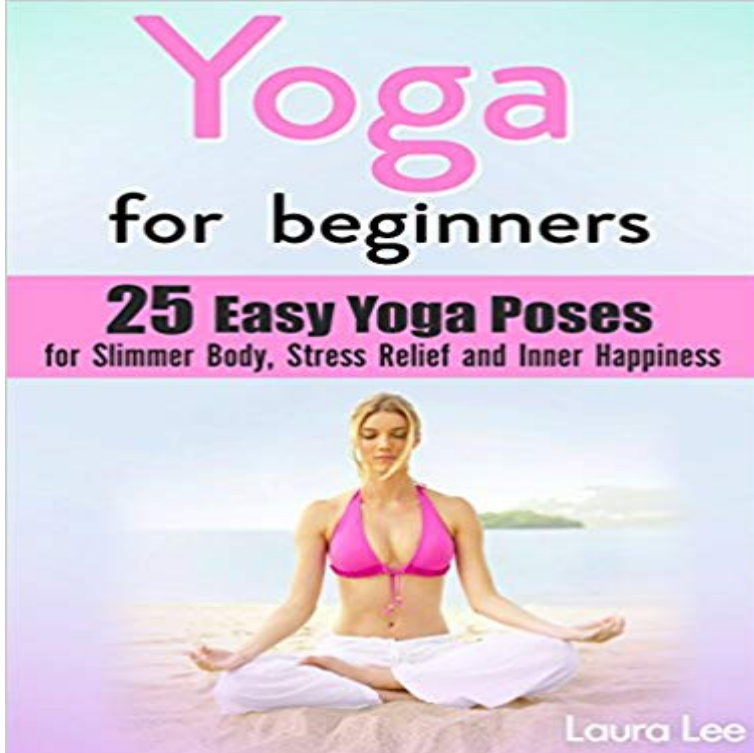


Yoga For Beginners: 25 Easy Yoga Poses for Slimmer Body, Stress Relief and Inner Happiness (Yoga for Beginners Books, Yoga for Dummies, Yoga for Beginners Kindle)



This book is a must have for anyone looking for a basic introduction to the practice of yoga. Yoga was first developed in India thousands of years ago and it has become increasingly popular all around the world. While there are many types of yoga, they all have one thing in common: they help you to create a strong toned body and a clear, bright mind. There are more than one hundred different schools or types of yoga, but most of these types are comprised of various poses, breathing exercises and meditation. Yoga is probably one of the ultimate exercises in nourishing your mind and body, and with so many different styles there is something for everyone. Very few exercises offer the mind-body connection that yoga offers. As you learn to control and match your breathing patterns with the movements of your body, you will help to train your mind to find that beautiful place of peace and calm within you. Yoga helps you turn back the clock, and fight the aging process so in some ways you could call it your own natural fountain of youth. This fountain of youth exists within you, and is accessible for everyone. With yoga, you can literally transform your mind, body and spirit, leading the way to your own inner happiness and vitality. In this book you will learn 25 easy yoga poses for a slimmer body, stress relief and inner happiness. Included in the book are: Yoga Basics Standing Poses Balancing Poses Twisting Poses Back bending Poses Seated Poses Getting Your FREE Bonus Download this book, and find BONUS: Your FREE Gift chapter right after the introduction or after the conclusion. Download your copy of Yoga For Beginners: 25 Easy Yoga Poses for Slimmer Body, Stress Relief and Inner Happiness by scrolling up and clicking Buy Now With 1-Click button.

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