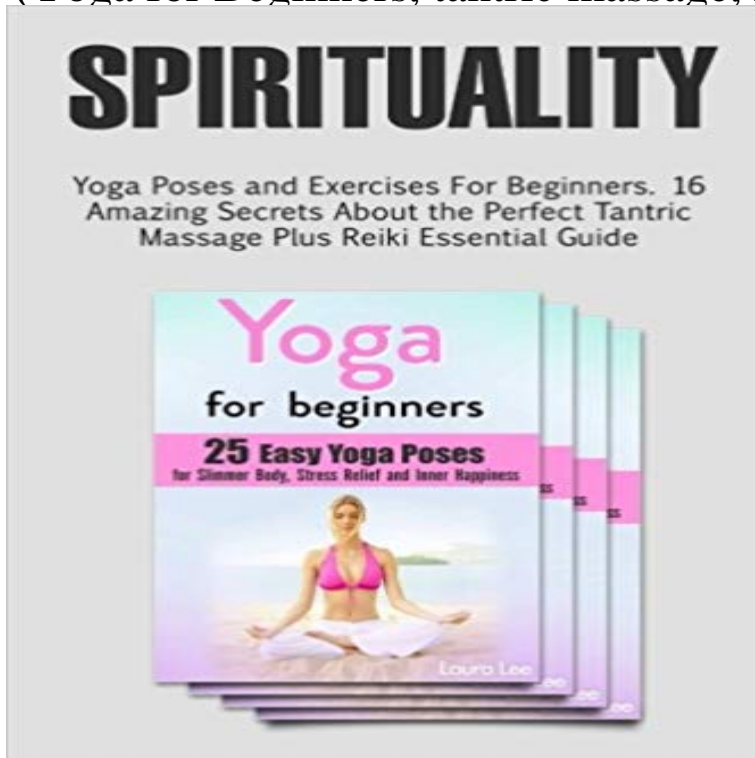


## Spirituality: Yoga Poses and Exercises For Beginners. 16 Amazing Secrets About the Perfect Tantric Massage Plus Reiki Essential Guide (Yoga for Beginners, tantric massage, reiki)



**BOOK #1: Yoga For Beginners: Release Body Tension With 24 Yoga Exercises and Relaxation Techniques to Practice at Home**

As many of us know on a regular basis, the stress of life and everything that goes on can take its toll on our bodies. As of late, however, many people are discovering the many benefits that yoga can have in the improvement of their overall quality of life. In this book, you will see the many advantages that this can have and how there are a number of exercises that can improve the quality of life and reduce the stress and tension that a person will generally feel on many days.

**BOOK #2: Numerology: Cracking the Hidden Mystery Behind Your Birth Date** The mathematical art of numerology has many adherents who value its benefits. To help you join this group, Numerology: cracking the hidden mystery behind your birthday offers an introduction to the subject, complete with definition, brief history and principles of practice.

**BOOK #3: Yoga For Beginners: 25 Easy Yoga Poses for Slimmer Body, Stress Relief and Inner Happiness** 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.

**BOOK #4: Tantric Massage: For Beginners - 8 Amazing Secrets to Boost Your Sex Life with Tips for Sensual Tantric Massage and Perfect Love Making** This Tantric massage e-book will take you and your romantic partner to places where you have never been. It uses the ancient energy of the chakras and takes your contact with your lover to a new level. In this book, we will teach you the meaning of Tantric massage and the way it is performed.

There are specific methods to use in Tantric massage, and it involves some study on your part. We'll start you out in this e-book, and have you feeling like enough of an expert to add Tantric massage

to your nightly ritual, whether it leads to a sexual encounter or not. BOOK #5: Tantric Massage: 8 Most of the Most Well Guarded Secrets About the Perfect Tantric Massage If you've never before experienced Tantric massage, you don't know what you're missing. Almost any type of massage will relax you and help you feel better, but Tantric massage targets your mind, body and spirit. Using ancient methods of massage, you can release the tension and negative energy that can cause depression and disease. You'll feel energized, and better able to face your demanding life. Not only that this e-book reveals eight secrets of Tantric massage that you have probably never seen anywhere else. Armed with this valuable information, you'll find that Tantric massage can change your life and the way you look at the world around you. BOOK #6: Reiki: The Essential Guide: Be Healthy and Feel Great With Reiki Healing Are you looking for a way to handle your stress? Do you suffer from a health condition that is already being treated, yet you wonder if something else out there can further help you? Most importantly, do you want to know what your other options are? BOOK #7: Auras: Learn How to Feel, See, and Read the Human Aura Do you have a desire to better understand yourself and the people around you? This is achievable when you tap into your ability to see and feel the human aura. With this book, you will learn how to see and feel the human aura. Along the way, you will also learn about the various colors and layers that a human aura can have as well as what each color means. Getting Your FREE Bonus Read this book, and find BONUS: Your FREE Gift chapter right after the introduction or after the conclusion.

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