



Yoga: For Beginners - A simpler Way to Weight Loss, Healthy Living and Happiness (Stretching, Meditation For Beginners, Yoga Poses, Mindfulness, Yoga For Beginners, Mental Training, Chakras)

Joanna Jackson

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Live Happier and Healthier with the Power of Yoga!

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No matter how much time and energy you spend on your family and career, there's no escaping the fact that you have to take care of your mind, body, and spirit.

Yoga: For Beginners - A Simpler Way to Weight Loss, Healthy Living and Happiness helps you receive the many health benefits of yoga. You'll gain flexibility, improve your posture, and develop better joint health. This healthful activity can also improve circulation, boost your heart rate, and lower your blood pressure!

10 Reasons to Buy this Book and Practice Yoga:

1. Lose weight
2. Protect your spine
3. Drain your lymph nodes and boost your immunity
4. Regulate your adrenal glands
5. Lower your blood sugar
6. Improve your focus
7. Relax your system
8. Improve your balance and nervous system
9. Release tension in your limbs
10. Sleep Better and Longer

And so much more!

Yoga: For Beginners - A Simpler Way to Weight Loss, Healthy Living and Happiness will also help you discover which style of yoga is best for you:

- Hatha Yoga
- Ashtanga Yoga
- Iyengar Yoga
- Bikram Yoga

You'll also learn **How to Find a Good Yoga Teacher** with passion, integrity, and the knowledge you need. This book will help you choose an instructor with the right communication and observation skills - so you can see results right away!

Yoga: For Beginners - A Simpler Way to Weight Loss, Healthy Living and Happiness also provides **Simple Yoga Poses to Try at Home:**

- Mountain
- Downward Facing Dog
- Cobra
- Dolphin
- Dog Tilt Pose

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Joan Freeman:

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Gary Ritchie:

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