



# **Yoga For Beginners - How to Lose Weight, Gain Strength and Meditate with Yoga Poses (Introduction to Yoga, Meditation, Weight Loss Book 1)**

*Jessica Sullivan*

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## **Yoga for Beginners Will Help You Lose Weight and Look Great**

**NEW! Pictures of many common Yoga poses added (2/24/2014)**

Before I discovered Yoga, I was always tired, unhappy with my body, my flexibility was horrible and my emotional well being was not always the healthiest. Ladies, you know what I am talking about. Those days of not being happy with how you look, how you feel, your emotions getting the best of you, or just being in a funk for no reason. It was so frustrating at times. Meanwhile, my girlfriends who did Yoga were always so spunky, happy and positive that it finally drew me in. Finding Yoga was a wonderful, life altering experience for me, and I hope to be able to introduce you to all the wonders it can do for you.

**I wrote Yoga for Beginners because I know, firsthand, how positive Yoga can be for your life and I wanted to introduce you to some of the benefits it has to offer.**

You will learn what Yoga is really about and what it can do for you. This book is meant as a primer for anyone who has ever wondered about Yoga and its benefits. Here are some of things you will learn in my book:

- What is Yoga
- Yoga as a weight loss tool
- How Yoga can benefit your life on many fronts
- Basic Yoga poses
- Clearing your mind of distractions with Yoga

Yoga has changed my life. I am in the best shape I have ever been in. My personal and professional relationships have blossomed due to the meditative parts of Yoga. My back problems have all but disappeared. I am confident you will find this book insightful and useful.

**Download your copy today and start on your journey to wonderful new life with Yoga. Namaste**

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#### **Debbie Gray:**

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easier to share. You can find a lot of recommendations to get information example: internet, newspaper, book, and soon. You can see that now, a lot of publisher this print many kinds of book. The actual book that recommended to your account is Yoga For Beginners - How to Lose Weight, Gain Strength and Meditate with Yoga Poses (Introduction to Yoga, Meditation, Weight Loss Book 1) this reserve consist a lot of the information with the condition of this world now. That book was represented how can the world has grown up. The vocabulary styles that writer value to explain it is easy to understand. The writer made some analysis when he makes this book. That is why this book appropriate all of you.

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