



Yoga for Beginners: A Simple Guide to the Best Yoga Styles and Exercises for Relaxation, Stretching, and Good Health (Paperback)

By Ntathu Allen

Tck Publishing, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Yoga: The Key To Relaxation, Inner Peace, and Longevity If you typically find yourself overwhelmed and exhausted from work and life, Yoga For Beginners is the book for you! Say goodbye to the frustration and stress that comes from spending your entire day meeting other people s demands but never taking care of yourself because you re about to learn how to start taking amazing care of your own physical and emotional needs in as little as 5 minutes per day. You ll learn easy yoga poses to strengthen your body and powerful meditation techniques to remove stress from work and home. Just imagine creating your own custom 5-minute yoga routine that allows you to instantly relax, clear your mind, and energize your body-without needing a yoga mat or instructor to show you what to do. Mastering the Fundamentals of Yoga Nearly a billion people around the world now practice yoga, but most of us just don t get the proper training when we re getting started with yoga. Jumping into a power yoga, bikram yoga, or strenuous yoga flow class could actually do...



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