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Yoga for Beginners: Your Beginners Guide to Yoga for Weight Loss, Stress Relief and Inner Peace (Paperback)

By Sid Akula

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Learn to Practice Yoga for Weight Loss, Inner Peace and Stress Relief! The Challenge: You want to know more about beginning Yoga practice to reap benefits like: Get in better shape, increase flexibility and lose weightCultivate peace and balance in your lifeRelieve stress and enjoy more relaxation every day The Solution: In this book, you will find the solutions you re looking for in order to inject the benefits of yoga into your life. You have heard of yoga and its undeniable benefits, but you may not have known where to start. Here, you will get easy-to-understand, simple instructions that will have anyone enjoying their first yoga practice session in no time. Yoga doesn t need to be difficult or complex and actually should be very simple to start. You too, can enjoy all of the benefits yoga has to offer - this book will show you how! Let s Sweeten the Deal: Free Additional Bonus Reports (Links Inside) to Turbocharge Your Results! The Easy Next Step: Click BUY NOW above to get started Right Now !.



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