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Yoga For Beginners: The Quick Start Guide To Beginners Yoga Including 30 Basic Yoga Poses and Yoga Routine (Yoga for beginners, Yoga for weight loss)

Dean Evans, Rama Thamizharasu

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Yoga For Beginners Quick Start Guide To Stress Relief, A Quiet Mind, Improved Flexibility and Superior Health

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The ancient art of yoga focuses on flexibility, strength and breathing combined, to create physical and mental health which is considered far superior over many other forms of exercise. Yoga not only creates you physically fit but it also can have a huge impact on your mental state and wellbeing, leaving you calm, clear minded and extremely stress free, which is very sort after in today hectic world.

Prevent Illnesses And Heal Yourself Through Yoga

Yoga has also been suggested after multiple studies that when you practice on a regular basis you can reduce blood pressure, heart disease, general aches and pains due to inflexibility, helps with lower back pain, depression and stress, blood flow and circulation, bone strength, majorly improves your posture and many many more

What Will Be Covered In This Book

- Yoga For Beginners
- History of Yoga
- Different Types of Yoga
- Health Benefits of Yoga
- 30 basic Yoga poses
- Workout plan for beginners
- Safety advice
- And much more...

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Amanda Bell:

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