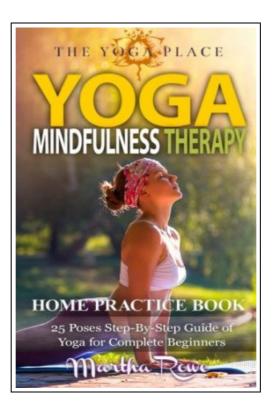
# Yoga Mindfulness Therapy: Home Practice Book (25 Poses Step-By-Step Guide of Yoga for Complete Beginners): Healthy Living, Meditation, Yoga Sutras, Asana Yoga, Anxiety (The Yoga Place Book)



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CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 100 pages. Dimensions: 9.0in. x 6.0in. x 0.2in.Yoga is the oldest science of comprehensive development and harmonious improvement of every persons physical body, mind, and inner world. Today only, get this Paperback version book for just 20. 99. Regularly priced at 29. 99. Several centuries of crystallization and careful selection of the most efficient techniques made yoga one of the most effective training systems. Due to the permanent and regular practice of yoga exercises, you will obtain iron health, well-controlled mind, and strong will everything to build a strong foundation for your happy and conscious life. With the help of this book, you will learn the yoga basics and understand that yoga is not as challenging as you have always considered. A few minutes every day will be enough to remain healthy, to live in harmony, and to feel a true yogi. If you are at the very beginning of your yoga studies and practice, then, most probably, youll have to learn the practice features, thoroughly review the details of performing asanas, and perhaps, to discover a new world. How can you start yoga exercises. For the beginners, one session is enough (if you use at home). Training sets for beginners are quite simple and dont exhaust the body too much but help you to start the regular exercises. And when these activities become a social habit for you, you can expand them, learn more complex poses and spend instead of 10 minutes, half an hour or even the whole time to perform them every day. You may perform basic asanas...

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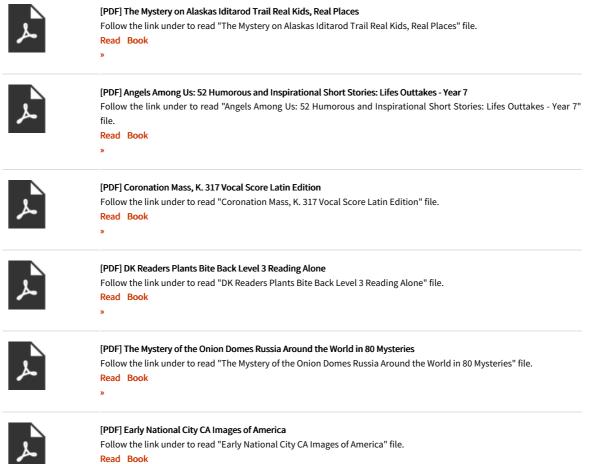
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