



Yoga Essentials 101: A Beginner s Handbook to the Practice of Yoga (Paperback)

By Essence McDaniels

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Yoga is a powerful way to change your mind, body and perspective on life. Beyond the physical side of yoga, this practice can help to improve your mental state, focus and happiness. Over thousands of years, yoga has developed into a complex system of poses that can be utilized by everyone. Millions of people have used the breathing exercises and postures to develop a better state of mind and healthier lifestyle. From healthful benefits to spiritual practice, yoga is a key part of any daily physical, mental or spiritual practice. Used by Buddhist monks and Hindu yogis, it has retained its relevancy in the modern world because, unlike fad diets and popular exercise programs, yoga works. This book is intended to guide the beginning practitioner in their yoga practice. Like any art form or exercise, yoga requires continued effort for you to master it. By its very nature, yoga will help to open your mind to universal laws as it brings you to your individual truth.



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