



## Yoga for Beginners: Learn Yoga in Just 10 Minutes a Day- 30 Essential Yoga Poses to Completely Transform Your Mind, Body Spirit (Paperback)

By Olivia Summers

Createspace Independent Publishing Platform, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Yoga Can Transform Your Life In Just 10 Minutes A Day! In Yoga For Beginners you ll learn the 30 essential yoga poses that will take you from yoga newbie to yoga enthusiast in just one month. Not only that, but you ll have a much better understanding about how yoga can actually be a way of life. But this book isn t just a bunch of poses! I ve included essential information that will guide you on your beginner yoga journey and help you to become the best version of yourself. Yoga doesn t have to be hard and confusing! You ll Discover A Path To Yoga That Is Actually Fun And Enlightening. Now, I m sure you ve heard about all of the health benefits of yoga and they are pretty amazing. But Yoga For Beginners is so much more than that! If you follow the advice and plan that I ve laid out for you there s no reason you can t completely transform your mind, body and spirit. Here s A Preview Of What You ll Learn....

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