

Yoga: For Beginners - A simpler Way to Weight Loss, Healthy Living and Happiness (Stretching, Meditation For Beginners, Yoga Poses, Mindfulness, Yoga For Beginners, Mental Training, Chakras)

Joanna Jackson

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10 Reasons to Buy this Book and Practice Yoga:

- 1. Lose weight
- 2. Protect your spine
- 3. Drain your lymph nodes and boost your immunity
- 4. Regulate your adrenal glands
- 5. Lower your blood sugar
- 6. Improve your focus
- 7. Relax your system
- 8. Improve your balance and nervous system
- 9. Release tension in your limbs
- 10. Sleep Better and Longer

Yoga: For Beginners - A Simpler Way to Weight Loss, Healthy Living and Happiness will also help you discover which style of yoga is best for you:

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- Ashtanga Yoga
- Iyengar Yoga
- Bikram Yoga

You'll also learn **How to Find a Good Yoga Teacher** with passion, integrity, and the knowledge you need. This book will help you choose an instructor with the right communication and observation skills - so you can see results right away!

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- Downward Facing Dog
- Cobra
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