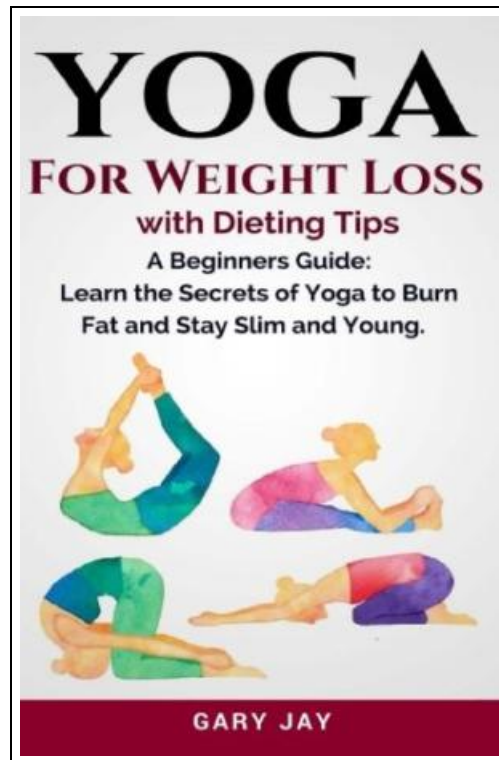


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CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 46 pages. Dimensions: 7.8in. x 5.1in. x 0.1in. EXPLORE THIS WONDERFUL ANCIENT TECHNIQUE AND LEARN TO DO SIMPLE BUT IMPORTANT and EFFECTIVE YOGA POSES FOR WEIGHT LOSS (with weight loss dieting tips) Yoga is a way of life. Yoga is the union of mans Mind, Body and Spirit, providing relaxation and happiness. Practicing Yoga on a daily basis with dedication gives us inner happiness, healing and ongoing health. The body becomes healthy. The mind and body becomes energetic. We begin to embrace joy, love and happiness. YES! Its true. Yoga can help you to lose weight In todays hectic life, we all are distracted every now and then. This creates a mental and physical imbalance, making life more worse. There is no time to go to gym and do heavy lifting. Even if you did, you have a tiring day. To master the mind, body and spirit is absolutely essential to live healthy. Yoga will help you to understand your mind and make your body healthy. PRACTICE THE POSES TAUGHT IN THIS BOOK DAILY. . AND YOU WILL SOON START SEEING THE RESULTS Anyone can learn yoga, if you have the right mindset. Dont worry, if you have had a frustrating past, trying out yoga. This book teaches you from the basics. Here Is A Preview Of What Youll Learn. . Why you should do YOGA Step by step explanation on How to properly do each Yoga poses, with illustration. How to get maximum benefit from each exercises Tips and precautions Dieting tips Much, much more! Get your copy. . . Take action today and Start a NEW life. ! This item ships from La Vergne, TN. Paperback.



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