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## Yoga: The Basics: Lose Weight, Relief Stress, Prevent Disease, Increase Metabolism and Find Your Inner Peace Using the Millenary Exercises of Yoga That Have Endured the Test of Time.

By Ashley Fitzgerald

Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.A beginner s guide to lose weight, relief stress, prevent disease, increase metabolism and find your peace within using the millenary exercises that have endured the test of time. Discover the world of Yoga that could transform your body, you mind and your health! With Yoga, the body is strengthened and toned, greater perseverance is achieved as well as a sense of peace and serenity of mind. The mental facilities are sharpened, as greater oxygen flow increases the health and food supply becomes available to all of the cells of the body. Coupled with meditation, Yoga is a force for calmness of mind, and the foundation for an active and fit body. So are you ready to explore Yoga? Are you interested in learning about these millenary exercises that have endured the test of time? And most importantly, are you ready to improve your life? These are some of the benefits you could get after reading this book and practicing the exercises!: Develop physical strength Accomplish mental well-being Adopt a healthy diet Relieve pain Loose weight Fight Anxiety...



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