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Yoga: Yoga Guide for Beginners 20 Easy Yoga Poses to Relieve Stress, Anxiety & Depression (Inner Peace, Boost Your Self-Esteem, Benefits Of Yoga, Loss ... Chakras,Meditation, Mindfulness, Tai Chi)

Susan Philipps

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Use These Powerfull Yoga Poses To Immediately Eliminate Stress, Anxiety And Depression Today!

This book contains ***20 Easy Yoga Poses*** to help you get started in your endeavor to overcome stress, anxiety and depression and live a life of great health, vitality, freedom, fulfillment and longevity!

Yoga is the responsibility each individual. Everyone can do something to improve his life. Yoga has a wealth of exercises and practices. The book will be dedicated to ***Yoga Poses For Beginners***. Each pose will have a clear and concise list of instructions as well as an overview of what the body should look like at the end of the pose. The poses will focus on types that aid in benefiting the digestive system, encouraging weight loss, reducing stress as well as improving flexibility.
The benefits of yoga are human desires – Relaxation, Reduction of back pain and headaches, Reduce shoulder and neck tension, more energy, Strengthening the immune system, Improving concentration.

But yoga is for everyone. Of all ages, builds, sizes and skill levels. The great thing about yoga is: It's versatility. If a pose does not feel right, there are whole arrays of variants that are offered. So, don’t be unnerved by yoga because you think you don’t have the proper skills or don’t have a 'yoga body' and start your yoga adventure with this book!
To find out the effects, it may be sufficient to install a few simple breathing, stretching and relaxation exercises into daily life.

Here Is A Preview Of What You'll Learn...

- How Stress, Anxiety And Depression Comes About
- The Key Advantages Of Yoga
- Yoga To Liberate Your Mind Flow (Asana Yoga)
- Yoga To Unclog Your Air Flow (Pranayama Yoga)
- Yoga To Reinvigorate Your Energy Flow (Kundalini Yoga)
- What Is Mindfulness?
- What Is Meditation?
- How Mindfulness Works To Relieve You Of Stress, Anxiety And DepressionMuch, much more!

Check out How Others Have Benefited:

"Yoga has always been a deeply spiritual thing to me. This book does a wonderful job of explaining the basic positions and the reasons for them. The author further explains how to immerse yourself through breathing and becoming more aware of every part of your body as you relax. It's such a rewarding feeling, finding inner peace and this book has been very helpful for teaching me how to reduce stress and depression. The compassionate way Yoga is taught by the author gives you confidence in being able to do the movements without feeling silly.
This is a book anyone who has too much stress in their life should invest in. It is appropriate for any age and the wonderfully clear photographs show the pose you are being taught. I hope to see another more advanced book by this author soon!" - *Krystallyne, March 2016*

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