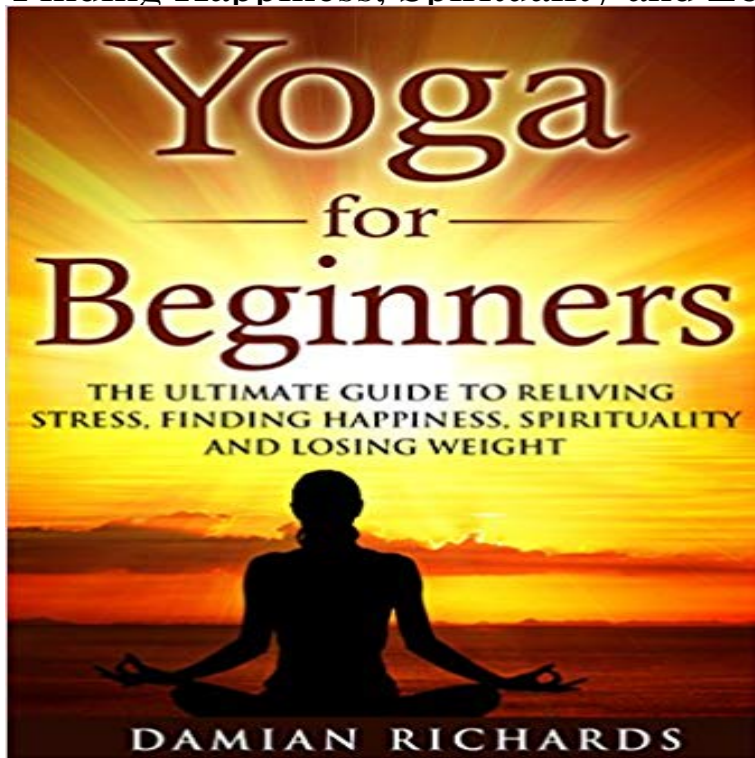


Yoga: Yoga for Beginners: The Ultimate Guide to Relieving Stress, Finding Happiness, Spirituality and Losing Weight



Do you want to be healthier, Relieve Stress, Find Happiness, and Spirituality? DO you want to be in control of your mind and body? If yes, You will need this book Yoga: Yoga for Beginners: The Ultimate Guide to Relieving Stress, Finding Happiness, Spirituality and Losing Weight put together by Damian Richards, a successful yoga practitioner. Yoga for beginners will put you on the path to inner journey that has shaped human thought and understanding for ages while you also master how to control his mind and body. You will also discover various rarely discussed topics on yoga to help familiarize you with the practice, Yoga sutras, yoga poses, yoga journal, yoga anatomy and yoga Nidra. We will cover the benefits of yoga in the mental and physical aspects, the history of yoga, as well as introduce you to common yoga poses to help you begin your practice on the high note. All you need is a little free time and a desire to get started! Grab a copy today!

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