



The Complete Guide to Yoga: Yoga for Beginners, Yoga for Weight Loss, Yoga Poses, Yoga Benefits

Brittany Hallison

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Relax, rejuvenate, and reenergize your body and mind - unlock the benefits of yoga practice today!

Are you interested in developing your own yoga practice but unsure of where to start?

Do you want to uncover some of the myriad of health benefits yoga can bring in to your life, such as weight loss, increase in flexibility, strength, and self-awareness?

Simply want to relax and calm your restless and anxious mind?

This book is your complete guide on how you can reap the benefits from practicing yoga and how you can use yoga to improve every aspect of your life.

The benefits of yoga are ubiquitous human desires - fitness, peace of mind, strength, and tranquility. No matter what gender you are, your age, or even your spiritual and religious inclinations, you can still benefit from attempting various forms of yoga. Yoga is a physical and spiritual art form for everyone.

But with so many variations of yoga and such a huge wealth of yogic information prevalent today, the wide range of yoga styles and practices can seem overwhelming, especially for someone new to yoga.

Here is a preview of what you'll find inside:

- Top tips to augment your life force and vitality
- Guided instruction through 14 actual poses
- Secrets on how yoga can contribute to weight loss
- Best ways to increase your metabolism
- Breakdown and guided instruction of pranayama practice
- Exploration of hatha yoga
- How to emulate breathing techniques that ancient yogi have practiced for centuries
- The foundation of the history of yoga
- Discover the ancient system of spirituality that has implications for both physical and mental health
- Unlock the secret to improving mental well-being and life force energy
- And much more!

Bonus preview of *Mindfulness for Beginners* audiobook included.

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Gregg Spencer:

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Catherine Branch:

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Dennis James:

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