



Yoga For Beginners: Yoga for Beginners Quick Start Guide! - Find Inner Peace, Tame Your Mind, And Strengthen Your Body To Lose Weight With Basic Daily ... Lucid Dreaming, Stress Management, Chakras)

Mia Conrad

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You will learn basic poses to get you started on your yogi journey and sequences designed to help you achieve the goals you have set for your practice. You will also encounter tips and tricks on how you could ease into the more challenging poses and prevent injury to yourself.

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

- Basics For Yoga
- Losing Weight With Yoga
- Why Yoga Is Best For Stress Management
- Tips For Using Meditation With Yoga
- How To Master The Warrior Pose
- How To Master The Mountain Pose
- How To Master The Sun Salutations Pose
- Equipment And Attire
- Proper Yoga Breathing Techniques
- Warm Up Exercises
- Much, Much More!

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