



Yoga: Easy 20 Yoga Poses You Must Know As a Beginner (Yoga Poses for Stress, Anxiety Relief & Weight Loss) (Yoga Guide, Yoga For Beginners, Yoga Poses, ... Benefits of Yoga, Teaching Yoga, Yin Yoga)

Mia Conard

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Easy 20 Yoga Poses You Must Know As a Beginner

Yoga Poses for Stress, Anxiety Relief & Weight Loss

Yoga as a beneficial practice:

Many people can be discouraged from trying it, due to a misconception that only bendy or flexible people are best suited for it. Women who look like they belong to toothpaste commercials with blinding smiles and slim bodies encased in tight forming clothes. Men who look like they can bend aluminum like rubber and arms and abs that make girls salivate. But yoga is for everyone. Of all sizes, builds, ages and skill levels. The great thing about yoga is its 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.

Proven Steps & Strategies:

The book will be dedicated to easy 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.

Integrate Yoga In Your Daily Life:

Many people make the excuse of having too little time or being too busy for their reasons for not doing yoga. But the reality is that yoga only requires a small amount of time dedicated to its practice per day. Or you could even decide to do it every alternative day. It does not need to be done for hours. This book will teach you all you need to know about how to truly make yoga an active part of your life.

What You're Going to Learn:

- Long Term Benefits of Yoga
- How to Get Started
- Best Beginners Yoga Poses for Stress Relief
- Best Beginners Yoga Poses for Inner Peace & Meditation
- Best Beginners Yoga Poses for Weight Loss
- Best Ways to Include Yoga in Your Daily Routine
- Much more!

Tags: Yoga, Weight Loss, Lose Weight, Fat Loss, Losing Weight, Paleo Diet, Paleo, Meditation, Stress, Stress Relief, Weight Loss For Beginners, Inner Peace, Peaceful, Chakras, Spirituality, Spiritual, Mindfulness, Yoga Pose, Training, Fitness, Get In Shape, Body Shape, Language, Energy, Gain Energy, Simplicity, Flexibility, Butterfly Pose, Yoga, Weight Loss, Stress Relief, Fat Loss, Chakras, Mindfulness, Energy, Yoga Poses, DDP Yoga, Benefits of Yoga, Teaching Yoga, Yin Yoga

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James Donovan:

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Randall Blake:

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Beulah Chavez:

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