



## Yoga Abundance Journal: A Yoga Journal to Release Stress, Find Your Inner Joy Weight Loss (Paperback)

By the Gratitude Journals

Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Yoga Abundance Journal: A Yoga Journal to Release Stress, Find Your Inner Joy Weight Loss This 30 day yoga journal will help you tap into the transformational practice of combining Yoga, Exercise, Meditation and Gratitude for a more abundant life. You ll record your thoughts, progress, and find daily inspiration. Yoga Abundance Journaling will help release stress, unwanted pounds and much more. The Yoga Abundance Journal is several journals in one. It s a workout, yoga, meditation, and gratitude journal that uses a simple easy to use format to help you accomplish all of your fitness and health goals. From weight loss to reducing stress it s all covered in this great journal! As the common saying goes, Don t judge a book by it s cover. This little simple is journal is powerful. Designed to guide you through 30 days of Y.E.M.G. (Yoga, Exercise, Meditation and Gratitude) you ll be able to record your progress, find daily inspiration, quotes and even escape with some relaxing doodling or coloring mandalas if the mood hits. Get ready to be transformed!.



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