



## Yoga Basics: A Beginner's Guide to Attaining Inner Peace, Living a Stress-Free Life and Achieving Your Weight Goals

By Philcar Faunillan

Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Yoga is a term you hear almost everywhere. Whether as a form of exercise or purely for meditation, a lot have embraced this. In this book, you will learn the basic information you need to know about yoga. This book will guide you as you start your practice by giving you the list of the things you need to remember and follow. Yoga has long been known to help people achieve different goals in life such as health and wellness. It does not only improve the person's physical health, but it also helps in the development of the mind and spirit. Yoga allows a person to be closer to the self and to be a part of the universe as well. It leads a person to become fully aware and through this, it becomes easier to live a life away from stress and negative energy.



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