



Yoga for Beginners

By Mary Peters

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The Beginners Guide for Yoga Learn the benefits of incorporating yoga into your lifestyle! Join The Yoga Craze! Do you know how yoga can positively impact your life? How it helps increase your metabolism, helps you lose weight, helps lower your risks of getting a disease such as cancer, balances your well-being and centers your energy. Add years to your life with Yoga! In this book you will learn: Yoga: Linking the Mind, Body Soul What is Yoga? A.Brief History B.The Goal C.Physiology Schools of Yoga (What Fits You Best) A.Buddhism B.Hinduism C.Jainism D.Modern School of Wellness Benefits of Yoga Importance of Incorporating the Chakras The Seven Chakras in Detail 1. The Crown Chakra 2. The Third Eye Chakra 3. The Throat Chakra 4. The Heart Chakra 5. The Solar Chakra 6. The Sacral Chakra 7. The Root Chakra Yoga Equipment for Beginners Enhance Yoga with the Right Foods Yoga Poses for Beginners Part 1 Yoga Poses for Beginners Part 2 Yoga: Let s Get Started Tips For Success Finding the Right Yoga Instructor Start today and learn...



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