



**Yoga for Beginners: The Ultimate Yoga Crash Course To Relieve Stress, Lose Weight, Find Inner Peace, Happiness & Heal Your Body (Yoga, Bikram Yoga, Pilates, ... Mindfulness Meditation, Reiki, Chakras)**

*Dagny Walters*

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## **Are You Ready To Learn Yoga? (100% Suitable For Beginners!)**

**Welcome To Yoga For Beginners!**

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Yoga is powerful! Learning the correct techniques I will explain to you in this easy to follow book will allow you to benefit in many ways! From stress relief from daily living, finding inner peace, dropping that excess weight you've been carrying around along with increasing your mobility and flexibility (which DOES make a huge difference to your quality of life from my experience!).

If this is the very first book on Yoga that you've picked up then you have made a great choice. My goal is to explain everything in the most straightforward manner to ensure this book can be enjoyed and benefited from regardless of your age or current skill level with Yoga!

**Step By Step, No Complications!**

## **Here's A Preview Of What You'll Learn...**

- Do YOU Need Yoga - Yes, And Here's Why
- The Benefits Of Yoga Explained And Outlined
- How To Use Yoga For Weight Loss (Yep, It's Possible!)
- The Different Types Of Yoga Poses And Their Importance
- How To Heal Your Body Through Basic Yoga Techniques
- Step By Step Guide To Easily Achieving Lucidity In Your Dreams
- Inner Peace, Happiness And Contentment With Your New-Found Yoga Skills
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- And Much, Much, More!

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