



# **Yoga: For Beginners! A Simple Guide To A Slim Body, Stress Relief And Inner Peace (Yoga, Yoga for Beginners, Stress Relief, Weight Loss, Exercise)**

*Nicole Talbot*

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## **Discover the many benefits of yoga with this comprehensive guide for beginners (yoga poses included)**

**Learn and practice Yoga today!**

Do you find yourself getting to the end of the day feeling so frazzled that you can't sleep? Have you tried all the latest fad diets only to put the weight straight back on? Do you want to want to exercise regularly but don't have time to get to the gym or go out for a walk?

You can transform your life by practising simple yoga routines daily even just for a few minutes. It doesn't matter what shape you are in now you'll soon find yourself with more energy to get through the day, more strength and tone to your muscles, and better able to handle stressful situations.

Yoga is for everyone. Even if you have health issues that prevent you from doing 'sport' you can still find yoga postures that you can do in a chair or in bed. There is no competition or discrimination. You just go at your own pace following a style of yoga that suits your nature. All you need is a bit of floor space in your lounge room, bedroom or office.

"Yoga For Beginners - A simple guide to a slim body, stress relief and inner peace" contains proven steps and strategies on how to perform many yoga postures and techniques at home with no prior experience.

Every posture features a step-by step description with an accompanying photo and a list of related physical, mental and emotional benefits.

The book touches on the spiritual side of yoga but you can also use it as a practical guide to creating your own exercise program to help you reap all the amazing physical benefits.

## Download your copy of "Yoga For Beginners" today and learn:

- A brief summary of the history and styles of yoga
- How to choose a style or class that suits your nature and ability
- What the chakra system is and how it works in relation to our internal body functions, emotions and external influences
- A description of the 7 chakras, their benefits and the postures they relate to
- Useful tips on getting started with yoga and common mistakes to avoid
- Which postures can help with weight loss, stress relief and gaining more balance and calm in your life
- How to do the 'Salute to the Sun' posture series as a warm up or complete body work-out
- 10 classic postures that you can do in minutes each morning
- Much, much more!

**So what are you waiting for? Download your copy now and get started today. You'll soon start to see the benefits flow into all areas of your life.**

You'll be Very Happy that You Did!

Thank You!

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