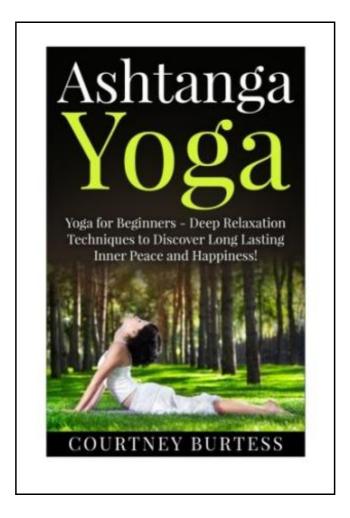
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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Ashtanga Yoga - Yoga for Beginners -Deep Relaxation Techniques to Discover Long Lasting Inner Peace and Happiness! Learn everything you need to know about the basics of Ashtanga yoga This book is for beginners who want to understand the basics of Ashtanga yoga. Yoga can be difficult to understand at the beginning, but with commitment and the right guidance, anyone can start learning all about it! This book will make Ashtanga Yoga accessible and understandable for anyone who wants to learn. It s a comprehensive guide that will help beginners understand the philosophy and practice behind this ancient tradition. You will learn the basic techniques of the Ashtanga Yoga practice. In today s world, it can be difficult to attain self-actualization because there are just so many distractions which get in the way of our personal journey. Ashtanga yoga can help you find the right path. It will touch many aspects of your life. It can help you improve physically, emotionally, mentally and most of all, spiritually. By the time you finish reading this book, you will be really motivated to completely embrace the yoga lifestyle. This book contains important insights which will help you build the foundation understanding the belief system behind the yoga philosophy. It is excellent for starters who want to learn the basics but are somewhat intimidated of learning something new. If you are really interested in learning more about Ashtanga yoga, then this book is for you. It will help you in your every step of the yoga journey. Why You Must Have This Book! > In this book you will learn the basic history of Ashtanga yoga....

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