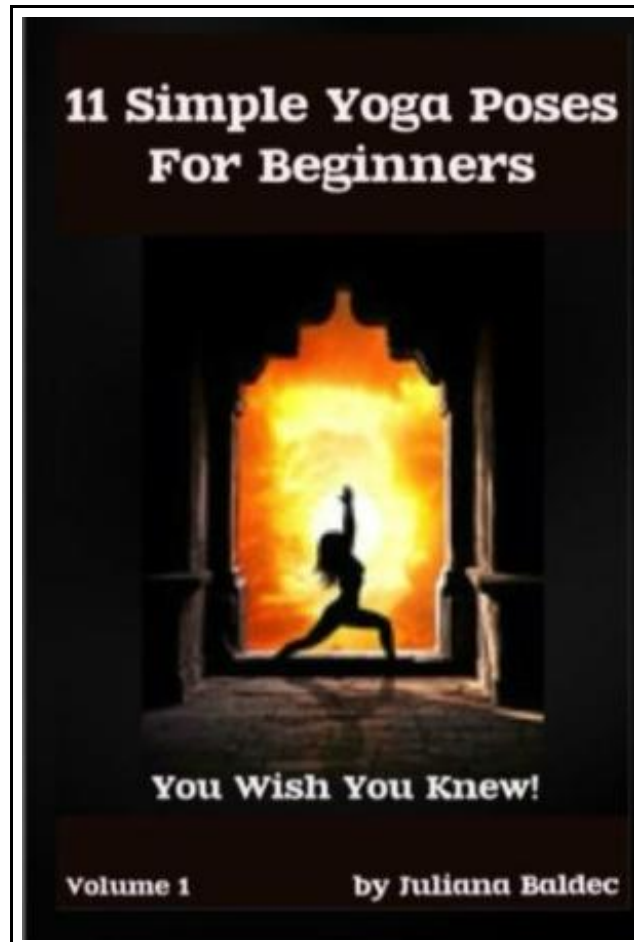


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Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.I created this yoga poses for beginners book for yoga beginners who are looking for the most beneficial yoga poses with the proper and correct hatha yoga poses that beginners should absolutely know about. Let me introduce myself. My name is Juliana Baldec and I am just like you a yoga beginner. You will find some truly exciting nuggets and surprises inside these resource guides no matter how advanced you are. The system is perfect for beginners who might have tried to integrate yoga poses into their lifestyle, but until today these individual might have failed because of time constraints and modern life complexities. This compilation of the 11 most beneficial yoga workouts reveals my top yoga postures for beginners. I reveal some valuable tips how to apply them the right way and how to make them work for you the proper way. In today s world time has become such a valuable resource and I give you some insider tips that make these yoga poses for beginners at home work for you, too! The objective of the book is to give you my top 11 yoga basic poses for beginners, to show you the benefits of each one, and make each work for you! I will give you some valuable tips and hints what I like about each of these positions and why they specifically work for me. I tell you my own story about each position and why I connect so well to certain poses so that these stories become very valuable for your own yoga practice. Especially in the beginning of doing something new, it is critical to have a buddy to whom you can...



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