



A Beginners Guide to Yoga (Paperback)

By MR Nishant K Baxi

Createspace, United States, 2015. Paperback. Book Condition: New. Large Print. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Who Else Wants To Quickly Get Into Shape, Loose Weight, And Become More In Tune With Your Mind, Body And Spirit In Just 5 Days? It doesn't matter if you've never exercised a day in your life, or you're the most fit person in the world. This Yoga guide will help you not only get MORE fit, but make you feel more energized after each workout! Here's A Sneak-Peak At What You'll Uncover With A Beginner's Guide To Yoga . The most common misconception people have about Yoga and why it is completely wrong. . Inside view at all the different types of yoga equipment, why YOU need them and where to purchase them at rock-bottom prices! . The #1 element to mastering the art of Yoga. . How the power of yoga can help any nicotine addict quit smoking almost overnight. (If you smoke or know someone who does, then this section will be a real eye-opener) . The secret to using yoga to safely cure any type of pain....



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This book is definitely not effortless to start on reading through but extremely fun to learn. Better then never, though i am quite late in start reading this one. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Aliya Franecki