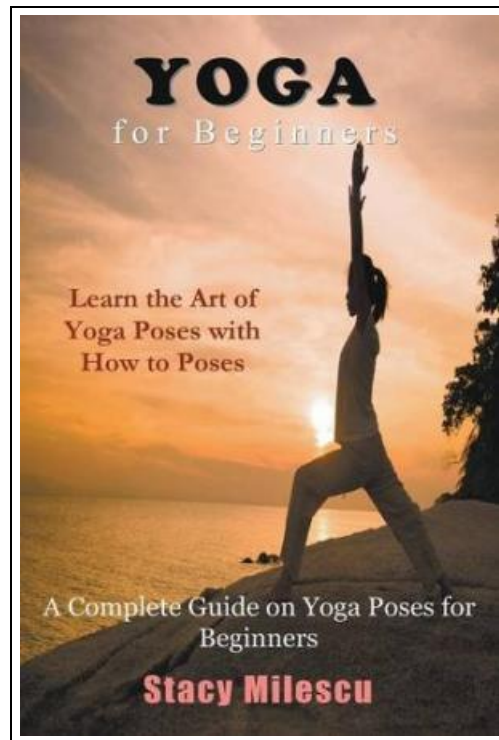


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Mojo Enterprises, 2014. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.What s your idea of yoga practice? Do you understand the importance of breathing techniques and proper posture or recognize which types of clothing are the best choices for yoga sessions? No worries! Author and healer Stacy Milesescu guides you through all of the essential information that a beginning yoga student ought to understand before embarking on a new yoga exercise routine. The advice featured here reads like advice from a yoga expert and good friend rolled into one, especially when Milesescu dispenses practical best friend pointers like: Low cut tops may not be a good option for women with larger breasts, you don t want to feel like you re popping out of your shirt when you re doing the downward dog! Milesescu explains the history of yoga and the different types of yoga so that novices can better understand which type of yoga is best suited to their needs. The health benefits of yoga are explained, and there s also an entire chapter focused on valuable tips for enjoying one s workout and obtaining maximum benefits right from the start. Of course, the main focus of this book is yoga instruction for beginners so Milesescu includes illustrated and highly detailed instructions on 15 different beginning yoga positions. There isn t any hype, fluff, or filler in this useful beginner s guide--just highly readable, educational content and yoga instructions that will safely launch novice yoga students on the right path. Why risk injury or end up leaving your first yoga class regretting your choice of yoga attire? Reading Yoga for Beginners before attempting to master the Warrior, Tree Pose and other yoga poses is the prudent way to prevent injury and make the...



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