



Yoga: A Man's Guide: The 30 Most Powerful Yoga Poses to Sharpen Your Mind and Strengthen Your Body (Paperback)

By Olivia Summers

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.Yoga For Men is Taking Over the Fitness World! Have you always believed that yoga was merely for hot girls in tight clothes? Well, sorry guys, but I'm here to shatter that belief! Despite what you might think, yoga was developed by men, for men. Yes, over 5,000 years ago the first yoga poses were created by men. So why not reinvent your manliness by taking up modern yoga as a total body workout? Regular yoga practice has the ability to empower your mind, strengthen your body and transform your life. As a Certified Yoga Teacher, I'm here to give you the tools you need to reshape your life through yoga in just 10 minutes a day! That's right, you'll be able to invest just a few minutes a day and in a matter of a month you'll have mastered 30 different yoga poses to give you a sexy body, more confidence and a focused mind. That's not enough? Well, Here's What You Can Expect. Learn why yoga is...



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