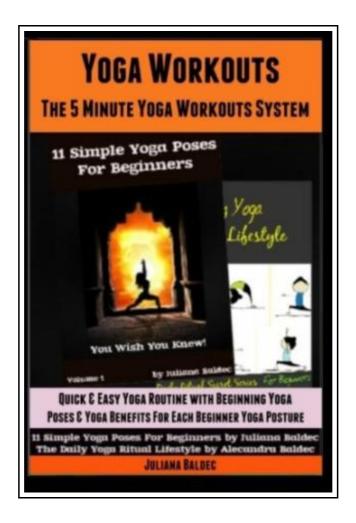
Yoga Workouts The 5 Minute Yoga Workout System



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(Angela Kuhn)

YOGA WORKOUTS THE 5 MINUTE YOGA WORKOUT SYSTEM



CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 180 pages. Dimensions: 9.0in. x 6.0in. x 0.4in.ln this yoga routine for beginners compilation of 2 Yoga workouts books, Alecandra Baldec and Juliana Baldec are combining: 11 Yoga Poses For Beginners You Wish You Knew and The Daily Yoga Ritual Lifestyle. This is what the two sisters love about Yoga: Hi to all Yoga beginners! You will soon love Yoga, too! The benefits of Yoga and these Yoga poses are way too powerful to pass on. Let me introduce myself first. My name is Juliana Baldec and I am just like you a yoga beginner. Inside my beginning yoga poses book you will learn how a Yoga beginner can take lots of benefits out of these simple yoga poses for beginners compilation. This compilation of the 11 most beneficial beginners yoga poses reveals my top favorite yoga posture and positions. I reveal some valuable tips how to apply them the right way and how to make them work for you the proper way. In todays world time has become such a valuable resource and I give you some insider tips that make these Yoga Workouts 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 to make each of them 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,...



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