



## Yoga: The Complete Guide: Yoga for Beginners, Asanas, Stress Relief and Healing

By Katie Anderson

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Transform your health with the definitive beginners guide to Yoga! Get 2 FREE ebooks with this guide The Ultimate Guide To Vitamins and The 10 Most Important Essential Oils! \*\*Limited time offer\*\* Get this Ebook for just 99 cents this week only! Regularly priced at \$4.99. Read on your PC, Mac, smart phone, tablet or Kindle device. In its truest sense, the word yoga means union. The practice of yoga helps one attain union of mind, body and soul. Excellent physical health is a natural outcome of perfect harmony between these three aspects of the Self. According to the Yoga Sutras, the ancient text on yogic instruction, written and compiled by Sage Patanjali, physical health is a natural outcome of mental, emotional and spiritual health. The practice of yoga seeks to integrate all these different aspects of health to help the individual attain their full potential. It is well known that yoga comes with immense health benefits, and definitely not just physical. Allow me to introduce you to the wonderful world of yoga. A good and consistent yoga...



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