



Yoga for Weight Loss Beginner's Guide: A Simpler, Easier and Faster Way to Weight Loss, Stress Relief, Heal Your Body and Find Inner Peace and Balance. (Paperback)

By Lake Hills

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Are you looking for a proven and effective way to lose weight without having to go through torturous diets, or spending hours working out? Look no further. Harness the power of Yoga to shed pounds effectively. and keep them off permanently! This is a comprehensive guide for anyone -- even beginners -- who is looking to adopt Yoga as a way of life, not only to lose weight quickly and effectively. but also to achieve overall wellness and health. Inside, you'll find easy-to-follow poses that come with images and step-by-step instructions, so even beginners will be able to follow. The best part is, all you need is 30 minutes a day. and you can do this at the comfort of your home! In addition, you will also learn: How to get started with Yoga within the next 10 minutes The 5 basic movements of yoga 12 efficacious yoga poses for weight loss Simple and effective yoga poses for trimming that waistline Quick and useful yoga poses for achieving a sexy flat tummy Easy yoga poses to get your arms and thighs into shape Bust the stress and. Relax...



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