



**YOGA: Top 50 Yoga Poses with Pictures: 15 Videos of Yoga Poses Included!: Yoga, Yoga for Beginners, Yoga for Weight Loss, Yoga Poses (Yoga Poses, Yoga, ... Stress Relief, Exercise, Flexibility)**

*Carl Preston*

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## **Special Offer only Today: Free Yoga Poses Video Included Absolutely Free!!!**

Enjoy this temporary offer and get 15 yoga poses videos absolutely for free when you buy this book today!

## **Yoga Poses: Increase Flexibility and Lose Weight with the Top 50 Yoga Poses for Beginners**

Yoga, though an ancient art, in recent years is now main stream in people's day to day life. It has helped people overcome stress, anxiety, traumatic experience and make them "feel good". Yoga offers a means of exercising combined with relaxation in order to tone and train the body. Yoga is the perfect way to bring flexibility, balance and reshape the body. Yoga is an art rather than an exercise; it employs different poses and stretches to bring about the desired physical changes.

Yoga is the most diversified spiritual practice on the planet. Yoga crosses numerous societies as well as numerous dialects. There are many benefits and 'miracles' attributed to the practice of Yoga. To some yoga helps to bring inner peace when worried while to others Yoga helps relieve pain of headaches, backaches, and menstrual cramps.

It is no more news that an average person's everyday life is dotted with some elements of stress, pain, rigidity, continuous aging and numerous distractions. All these make living a healthy and free life quite difficult. The good news however is that Yoga offers an interesting and relaxing way out of such struggles.

This book brings the Yoga phenomenon closer to you, and give you an idea of how you can overcome stress and relax, ensure flexibility, improve breathing, increase mental focus and generally enjoy the enormous benefits underlying Yoga poses. It is an attractive and straight to the point dissection of the top 50 Yoga poses and weekly Yoga schedules to live a better life. The book offers 50 cool Yoga poses for you to try out and enjoy the underlying benefits of these poses.

It is however advised that the poses be followed religiously every day for maximum benefit.

## **Top 50 Yoga Poses will teach you:**

- Top 50 Yoga Poses
- Benefits of each 50 Yoga Poses
- Weekly schedule to increase relaxation
- Weekly schedule to increase flexibility
- Weekly schedule to improve breathing
- Weekly schedule to increase mental focus

## **Yoga Poses for Beginners Video: Achieve Weight Loss, Yoga for Beginners, Stress Relief, Improve Exercise, Flexibility.**

Through the FREE Yoga Poses included videos you will learn how to:

- Properly execute Yoga poses for Beginners
- Learn how and when to breathe during the yoga poses
- The Benefits: Increase in Flexibility, Relaxation, Mental Focus and Breathing Techniques.

## **Weekly Schedules of Yoga Poses to Improve Breathing, Relaxation, Flexibility and Mental Focus**

These four different schedules will guide you step by step on how to improve each one of target abilities. Once you have mastered all of them, a path to a new and better balanced life, both physically and mentally will be opened before your eyes.

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**Ashley Parra:**

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**Jose Higham:**

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