



YOGA: Self Love Through Yoga (BREATHE) (Yoga For Beginners, Yoga Poses, Benefits of Yoga, Yoga Illustrated)

Lei Camille

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How To Use Yoga for Greater Degree of Self Love and Self Acceptance!

Do you want to connect with yourself in a deeper way through learning yoga?

Do You Want To Learn The BEST Yoga Poses?

Do You Want to be Inspired to Do Yoga Everyday?

Do You Want Yoga to Be Part of Your Lifestyle in a Deeper Way?

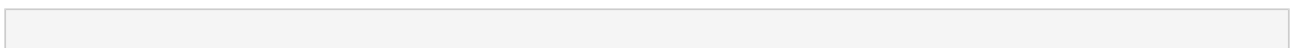
In Breathe: Yoga for Beginners, by Lei Camille, you are about to learn yoga in the simplest way.

You will learn:

- How Yoga Can Teach You to Love Yourself
- How Yoga Can Change Your Perspective Towards Life
- What Makes Yoga Different
- What are the Different Types of Yoga
- What are the Benefits of Yoga for Your Mind, Body, and Spirit
- How Meditation and the 7 Chakras Relates to Yoga
- Beginners Poses with Illustration, Instruction, Chakra Focus, Meridian, Physical Benefits, and Metaphysical Benefits
- How To Use Yoga in Your Day to Day Life
- Learning to Love Yourself Through Yoga
- How to Easily Fit Yoga Into Your Daily Routine

Self Love Through Yoga has been written by a 19 year old entrepreneur yogi, currently residing in beautiful Bali, Indonesia with the intention to inspire other yogis around the world to follow their passion with yoga, learn to love themselves, and to change the world.

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