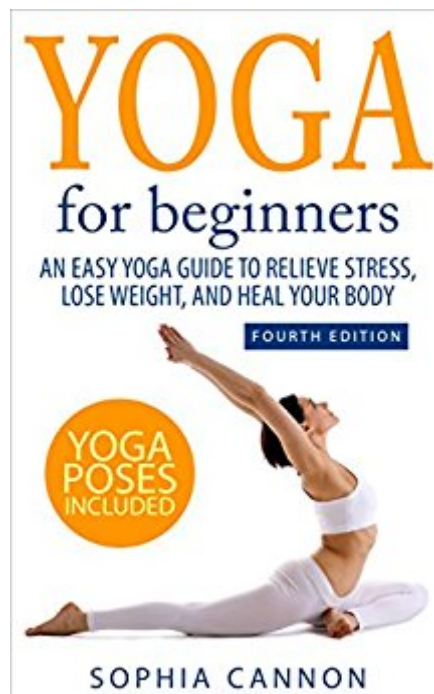


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# Yoga For Beginners: An Easy Yoga Guide To Relieve Stress, Lose Weight, And Heal Your Body (yoga, Yoga For Beginners, Yoga For Weight Loss, Yoga Guide, Chakras, Meditation)



## Synopsis

Develop a Healthy Body, Mind, and Soul with the Power of Yoga! Today only, get this best seller for just \$2.99. Regularly priced at \$4.99... EXTRA CONTENT: This book contains special BONUS Yoga Poses! ... Yoga looks so cool, but also very difficult ... is it really for me? Yes! Yoga for Beginners - An Easy Yoga Guide to Relieve Stress, Lose Weight, and Heal Your Body makes learning yoga simple and fun. This book introduces you to the basics of yoga and highlights many actionable tips and strategies for stress relief, weight loss, and optimal health. ... Read this book for FREE on Kindle Unlimited ... Download Now! ... What can yoga do for my body? Do I have to be flexible to get any benefit from this activity? Yoga is for everyone! Whether you are flexible or not, you can burn body fat and tone your muscles. If you want to achieve optimal health, relieve stress, and heal your body ... get this book and start practicing yoga today! ... Get a FREE Yoga e-book with the purchase of this book! ... What about the spiritual side of yoga? Is it a religion? A cult? Yoga is a simple practice. It doesn't need to involve archaic spiritual beliefs. This book explains many yoga concepts, such as fusion, union, and discipline. The historical information, benefits, and poses in this book are all you need to start a yoga practice. Let Yoga for Beginners - An Easy Yoga Guide to Relieve Stress, Lose Weight, and Heal Your Body lead you to new levels of inner and outer harmony! ... Remember - You don't need a Kindle device to read this book ... Just download a FREE Kindle reader for your smartphone, tablet, or computer! ... It's time to tap into your true inner potential and find lasting happiness. Order Your Copy of Yoga for Beginners - An Easy Yoga Guide to Relieve Stress, Lose Weight, and Heal Your Body Today! You'll be so glad you did!

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## Customer Reviews

This is wonderful book for someone that wants to use yoga techniques for specific purposes; losing weight, relieving stress, or helping with certain minor health problems. It is simply written, each posture is clearly explained with an accompanying photo. An unpretentious, yet quite complete beginners book. Don't hesitate to buy it.

As an out-of-shape, 60+, obese male, with an ongoing back pain, I thought incorporating yoga in a regimen of exercise and healthy food would be a good program to undo almost 30 years of gluttony. The first "Beginner's" book purchased had pages and pages of yoga's benefits, history, and philosophy. When it finally got to poses, it had zero pictures and confusing directions. But it taught me what to look for. Found what I needed in THIS book. Sophia Cannon made the background info understandable and interesting. Each pose had a picture and a step-by-step description of what to do. At a glance, I could tell which poses my body might NEVER do, can NOT do now, could TRY and COULD do. Many poses were accompanied by a couple sentences describing that pose's benefits. Poses were divided into those for stress relief, weight loss and healing purposes. Proper breathing was briefly discussed. The "Common Mistakes to Avoid As A Beginner" seemed to describe what I have typically done before quitting previous "exercise programs." This book is the guide and info this beginner needs. And the advanced poses provide goals to work toward. SPOILER ALERT: The link at the end of the book to receive your very own Free Yoga ebook didn't work. Still rating this book a 5 though, as the free ebook was NOT my motivation for purchasing this guide.

Amidst all the Yoga books and programs out there, none of them really explains to you the purpose and fundamentals behind Yoga. Really enjoyed this book, and though it won't make you a master, it will give you a comprehensive overview of the ancient art. After all, how can you really master

something without knowing the history and fundamentals behind it?

This was a great yoga guide for beginners, as a person who is not well versed in this area after reading this book, I believe I am an expert now. The author has written a clear straightforward guide with concise illustrations and instructions that are easy to understand and follow. The author has also included what beginners should avoid and the benefits of practicing yoga health wise. I highly recommend this book!

Great Yoga book for newbies! Do you have that Yoga pose that you are so pushing to get right? Well then this book will surely aid you in your quest for that perfect Yoga position. I love how this book has images along with the poses; it makes practising Yoga so much easier and fun! If you are new to Yoga and want to delve into the art further, then this book is perfect for you.

This book provides a nice introduction to yoga as well as the basic poses. Each pose is illustrated making it easy for a beginner like me to figure out how to do each pose. The background information on the history of yoga and the various styles was a plus. Highly recommend.

I bought this book for additional information on yoga poses for the beginner. Unfortunately this is a very short book not worth the money and most of the poses were not for a beginner, disappointed customer.

The text may be for beginners, encouraging yet warning. The problem I had is that the photo illustrations don't seem to match the poses being described more than half the time. The description is for someone starting out, perhaps, but the photo must be some variation or advanced version. Very confusing and discouraging.

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Yoga For Beginners: An Easy Yoga Guide To Relieve Stress, Lose Weight, And Heal Your Body (yoga, yoga for beginners, yoga for weight loss, yoga guide, chakras, meditation) CHAKRAS: Chakras For Beginners - How to Awaken And Balance Chakras, Radiate Positive Energy And Heal Yourself (FREE Bonus Included) (Chakras, Chakras For Beginners, Awaken Chakras, Third Eye) CHAKRAS: Chakras For Beginners - How to Awaken And Balance Chakras, Radiate Positive Energy And Heal Yourself (Chakras For Beginners, Hinduism, Buddhism, Meditation) Meditation: The Meditation Beginner's Bible: How to Relieve Stress, Find Inner Peace and Live Happier

(meditation for beginners, zen, energy healing, spiritual ... meditation books, meditation techniques)

Meditation: Meditation for Beginners - How to Relieve Stress, Depression & Anxiety to Get Inner Peace and Happiness (Yoga, Mindfulness, Guided Meditation, Meditation Techniques, How to Meditate)

Weight Loss: 30 Days Weight Loss Challenge - Eat More Food Lose More Weight - Turn Your Weight Loss Vision Into Reality (How to Lose, Weight Loss Tips, Women, Weight Loss Nutrition, Diet Plan)

Chakras: The Ultimate Guide to Chakra Meditation. Learn How to Meditate and How to Open Your 7 Chakras (chakras, chakra healing, 7 chakras)

Weight Loss: 20 Proven Smoothie Recipes For Weight Loss, Health, And Energy (Lose Weight Fast, Smoothies For Weight Loss, Smoothie Recipes, Lose Weight, ... Loss Smoothies, Weight Loss Motivation,)

CHAKRAS: Chakras for Beginners - Awaken Your Internal Energy and Learn to Radiate Positive Energy and Start Healing (Chakras, Chakras For Beginners, Mudras, Third Eye)

CHAKRAS: Chakras for Beginners: How to Balance Your Chakras, Radiate Energy and Heal Yourself

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Chakras: Awaken Your Internal Energy - Balance Chakras, Radiate Energy and Healing Through Meditation (Chakras, Spirituality, Serenity)

Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight)

Meditation: Complete Beginners Guide on How to Awaken Your Mind With Techniques that Will Relieve Stress, Manage Anger, and Find Inner Peace and ... Your Fear and Anxiety With Daily Meditation)

Meditation: Complete Guide To Relieving Stress and Living A Peaceful Life (meditation, meditation techniques, stress relief, anger management, overcoming fear, stop worrying, how to meditate)

Wild Diet: WHOLESOME DIET FOR A WHOLESOME LIFE!: (the wild diet, No carbs diet, Low Carbs food list, high protein diet, rapid weight loss, easy way to lose weight, how ... way to lose weight, how to lose body fat))

Mudras for Awakening Chakras: 19 Simple Hand Gestures for Awakening and Balancing Your Chakras: [ A Beginner's Guide to Opening and Balancing Your Chakras ] (Mudra Healing Book 3)

Meditation: The Ultimate Beginner's Guide for Meditation: How to Relieve Stress, Depression, and Fear to Achieve Inner Peace, Fulfillment, and Lasting Happiness