



Yoga Meditation Beginners Guru Lessons: Best Quick Easy Ways, Increase Flexibility Happiness, Lose Weight, Get in Shape Stay Healthy, Mental Spiritual Healing Yoga Meditation + Zen Is You (Paperback)

By Juliana Baldec

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. This is a 2 In 1 box set compilation of 2 books. This compilation includes 2 titles: Book 1: Turbaned Gurus, Sing-Song Mantras Body Contortions?: Yoga Beginner Truths You Must Absolutely Know About Yoga - Volume 2 Book 2: Zen Is Like you! Turbaned Gurus, Sing-Song Mantras and Body Contortions? 13 Truths A Yoga Beginner Must Absolutely Know About Yoga reveals the latest insights and truths into the mind-body consciousness of Yoga and answers the most critical and burning questions Yoga beginners are asking before getting started with Yoga. It is a book that is well timed. It explores all the aspects of Yoga that an individual that is interested in starting Yoga would want to know about. The book takes the reader via 13 short and snappy lessons through the different aspects of Yoga step by step starting with the most fascinating aspects and types of Yoga techniques that a beginner can choose from and the last lesson ends with a Daily 5 Minute Yoga Ritual for busy Yoga beginners. The process of Yoga is still a...



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