



Yoga for Beginners: Your Personal Journey to Health and Happiness

By Ava Lewis

Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Yoga for Beginners: Your Personal Journey to Health and Happiness Take charge of your life today and live the abundant life you deserve! Yoga for Beginners: Your Personal Journey to Health and Happiness is a detailed manual on the history, philosophy, and practice of yoga as a mind-body discipline to create a more enlightened way of living. If you have ever wondered how yoga can improve your life, this is the resource for you. In-depth descriptions of meditation, breathing techniques, the physical postures, modifications, tips, and more are integrated together to create a well-rounded understanding of how yoga can work for anyone. Photos of the postures and sequences such as the Sun Salutations are broken down in detail so that anyone can learn them. A beginner yoga sequence is also included, incorporating all of the poses that are broken down step by step. Learning yoga on your own can be a satisfying and fulfilling endeavor, and will help prepare you for when you are ready to step into your first class. This manual breaks down...



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