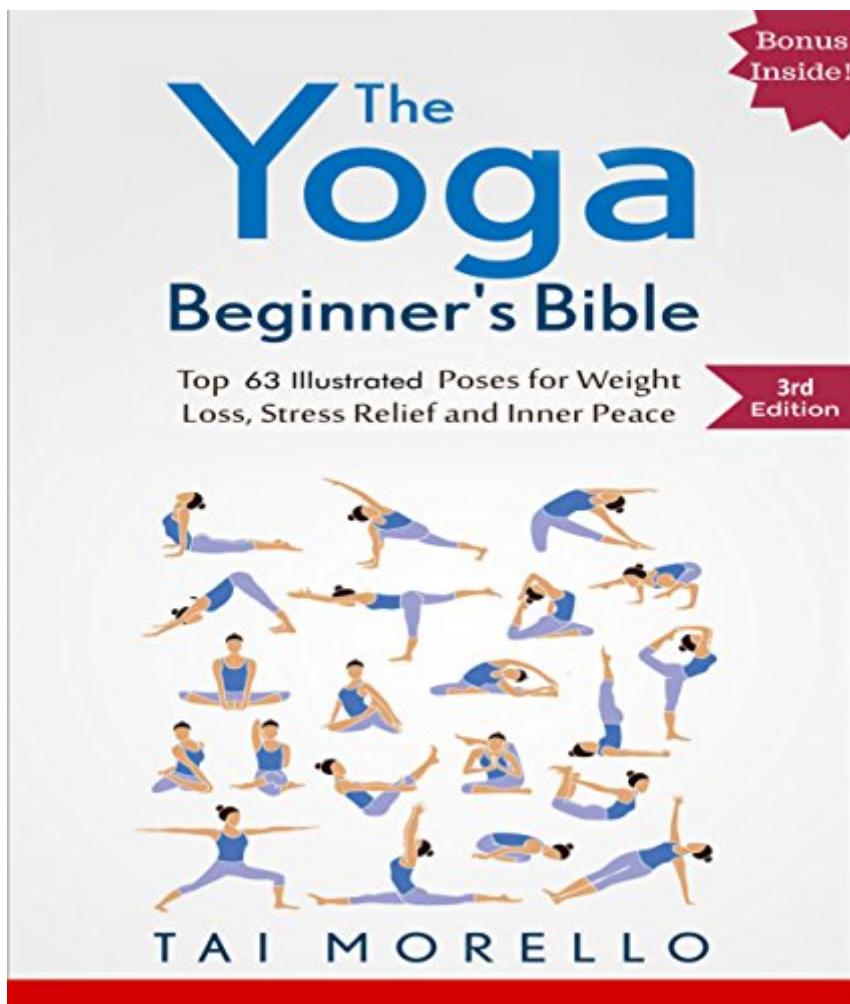


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# **Yoga: The Yoga Beginner's Bible: Top 63 Illustrated Poses For Weight Loss, Stress Relief And Inner Peace (yoga For Beginners, Yoga Books, Meditation, Mindfulness, ... Self Help, Fitness Books Book 1)**





## Synopsis

Discover why Robert Downey Jr, Jennifer Aniston, and Russel Brand all set aside time off their busy schedules to engage in the life-changing practice of Yoga. NOW IN THIRD EDITION WITH OVER 60 POSES AND SAMPLE SEQUENCES TO HELP YOU GET STARTED! Bonus: Exclusive Gift Inside! Do you sometimes feel stressed, anxious, lonely and depressed? Are you always up in your head, constantly dwelling on the past and worrying about the future? Do you want to live a more productive, stress-free and happier life? If so, then you've come to the right place. With The Yoga Beginner's Bible, you will embark on an inner journey that will take you back to the state of peace, joy and happiness you were born to inhabit. From the outside yoga can seem like an esoteric, mystical endeavor exclusively reserved to Tibetan monks and spiritual adepts. This could not be further from the truth. Yoga is not only accessible to anyone, it is easy to learn if you have the right mindset and the benefits are only a few minutes away. In fact, several studies have conformed that a single yoga class for inpatients at a psychiatric hospital had the ability to significantly reduce tension, anxiety, depression, anger, hostility, and fatigue. In The Yoga Beginner's Bible you will find out : The top 63 poses you must know as a beginner What Yoga really is How to turn Yoga into a habit How to Meditate The Benefits of Yoga And Much more! If your yoga efforts have been frustrating in the past, don't worry. This book will take you by the hand and show you step-by-step how to develop a life-changing yoga practice. This book will tell you everything you need to know about yoga so that you can get started right away! Don't hesitate. To start on a journey that could deeply transform how you relate to your world, scroll up and click the "Buy" button now!. Check out some of the testimonials below: "Fantastic book for anyone starting their yoga journey! The break down is for each pose is perfect, easy to understand and follow along with. The chapters on mediation are great also. It goes through all the poses and the benefits as well has how to achieve them. Two thumbs up!!!!!!" "The Yoga Bible is a definitive, complete manual for rehearsing yoga and finding a mental and physical equalization in life." ---> SCROLL UP AND CLICK THE ORANGE BUTTON NOW!

## Book Information

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## **Customer Reviews**

I bought this book because I wanted to practice yoga. This remains my very favorite basic yoga book for my home practice. It has the best step-by-step directions for each pose, as well as modifications. It has photos of people in the poses, which I find much more useful than the drawings found in other books. Pictures are well suited and aid the instruction. I absolutely loved this book, it's a great beginner's guide that introduced me to Yoga basics, as well as the many styles of yoga and how best to structure a session.

For a few years, I have taken different a Yoga classes. However, I wanted to find a helpful book with Yoga poses in it for reference purposes. This book is quite helpful for me. I found several poses that were not given in my classes, for example, Prayer Pose, Boat pose and several others. The illustrations are excellent and the descriptions are wonderful. My favorite thing about this book is that each pose is well described and lists the benefits to the body. I was able to choose new Yoga poses for my shoulder and back that will be very healing for me. If you are new to Yoga or want to learn more about Yoga, then I suggest this book for you.

I chose this book because I had just downloaded a yoga app and believed that I might be in an area without wifi access. I needed some new poses because I was still completing a yoga challenge (learn 50 new poses for a fundraiser to raise money for a yoga kit for veterans.) This book offered

some new poses that I can try. Overall, the book is a great introduction to poses beyond the ordinary "Introduction to Yoga" book. This makes it an interesting book for people already familiar with yoga. I liked the explanations and sequencing of the poses. The pictures, however, were a little too small.

This book is about yoga and it does contain 30 yoga poses. After discussing the equipment it tells you the dos and don'ts before during and after doing yoga. It also discusses how to avoid injuries due to Yoga, as well as safety tips. Then in Chapter 2 it includes the most often basic yoga poses with instructions as well as illustrations. Chapter 3 is about warm up routines. I found this book to be a all rounder, yoga is one of the most holistic approach to well-being for me. This book gave me the perfect preparation to do all the yoga I needed to at home. I now feel competent and have even mastered a lot of poses. Good book for yoga beginners.

This product will help you learn to relax and chill. Be stress free by reading the guides and the tips given in this book. I like the content because I find it effective. So relaxing and I can feel the inner peace. You have so much to learn from this book. I like it because they put pictures and some illustration on it. This book is a big help to me. This is a good book and very interesting book. I like this book.

I was searching for a good exercise to follow and to be healthy and I came across this book and I finally settle for Yoga. I am now aware of the importance of yoga and how it helps in staying healthy. Yoga brings not only suppleness to the body but also a sense of spiritual and physical well-being to those who practice it. Featuring over 170 postures from the main schools of yoga, The Yoga Bible is the ultimate, comprehensive guide to practicing yoga and finding a mental and physical balance in life. This book is perfect for beginners because it covers everything you need to know about Yoga and this book has detailed information on each topic.

Here was a professionally produced guide to yoga complete with illustrations for each of the many exercises described (the cover shows many of these illustrations). Coupled with its clear and understandable text, the book gives yoga practitioners a useful road map for the study of the discipline. I was pleased that the guide didn't just focus on the physical yoga postures but also went into detail about breathing techniques and the experiential or inner aspects too. A good presentation with practical and effective instructions.

Thank you! You answered many questions I had about yoga positions. I go to group yoga sessions but they are not for very basic beginners. Like how long to hold a pose, when to breath and which poses are the best for me. Easy to understand and follow through.

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