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Easy YOGA GUIDE For Beginners: Simple 46 Hatha Yoga Poses For Body And Mind (Yoga For Beginners Book 1)



Synopsis

This yoga book is perfect combination of Theory and Practice of Yoga It is short - only the most important things necessary for a Hatha yoga beginner . Text is written in several levels that opens up deeper with practice. " Complete beginner's guide " everything you need to get started " the very first yoga book" 46 essential yoga poses with simple instructions and photos" Text as a conversation between the Teacher and the student" Simple and friendly answers to basic questions all yoga newbies need to know" Book that never gets outdated and is always topical" It is worth to reread it from time to time " it will open new aspects every time... FREE GIFT INSIDE ... REVIEWS "What a great material for yoga beginner! I wish I would have had it when I was starting to make my first steps in yoga. I recommend it to my yoga students. And at least once in 6 months I read it myself again and again." Lyubov Arjuna, Certified OpenYoga Teacher"I am total beginner to yoga. I have wanted to start practising hatha yoga for some time but I have no time to attend yoga studios. I like that text is very short and I can start my yoga practice right away at home. Photos are very helpful." Janine Whilmoore, Canada"I received this book as a gift from my yoga teacher. Some aspects I had heard during her yoga classes and some were completely new. I recommend." Jerry Barton, UK, yoga practitioner
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