



Yoga for Beginners: The Daily Guide of Basic Yoga Poses and Exercises for Beginning Students (Private Yoga Lessons)

Michelle Nicole

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Discover The Wonderful World of Yoga, Find out Where to Start and Learn How to Practice the Essential Yoga Poses For Beginners Like an Expert!

The “**Yoga for Beginners Daily Guide**” is not just a book, it is a complete guide that walks you through the world of yoga and shows you how to practice yoga poses and exercises the right way, like an expert, even if you are a total beginner.

*“I found Michelle's book "Yoga For Beginners" very suitable for anyone such as myself who is just beginning or considering Yoga.” - **John Ward**.*

*”This is a very insightful book on yoga. The instruction is very thought out, clear and gives you a good foundation to begin your journey into yoga.” – **Thomas Poston***

*”Well done. Nice 'get started' book with clear illustrations of the basic forms. I fell the author has done a good job introducing the reader to this valuable form of exercise and well-being.” - **James Starkey***

The book comes with plenty of poses, high quality pictures, breathing and meditation techniques, warm-up exercises, and everything you need to know to start practicing yoga today. It covers all the basics of yoga and presents them in an easy to understand way.

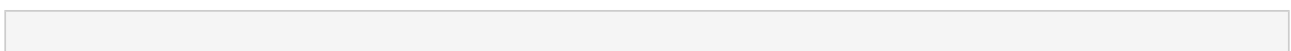
Inside the book you will discover:

- the top benefits of yoga
- how to properly prepare for your first yoga session
- key warm-up exercises and how to do them correctly
- breathing techniques and exercises specially designed for beginners
- most recommended yoga poses for beginners, from the easiest ones to more advanced positions
- what are the recommended types of yoga for a beginner
- a complete yoga sequence to help you get started right away
- and much more...

Every pose and exercise is accompanied by high quality pictures and graphics which show you exactly how to perform it.

If you are serious about practicing yoga the right way, then the **Yoga for Beginners: Daily Guide of Basic Yoga Poses and Exercises for Beginning Students** is the book you need.

Download Your Copy Now And You Can Start Practicing Yoga In Less Than 30 Minutes!



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Malissa Conlin:

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Michael Jones:

In this time globalization it is important to someone to receive information. The information will make professionals understand the condition of the world. The fitness of the world makes the information much easier to share. You can find a lot of personal references to get information example: internet, classifieds, book, and soon. You can see that now, a lot of publisher in which print many kinds of book. The particular book that recommended to your account is Yoga for Beginners: The Daily Guide of Basic Yoga Poses and Exercises for Beginning Students (Private Yoga Lessons) this reserve consist a lot of the information of the condition of this world now. That book was represented how does the world has grown up. The terminology styles that writer make usage of to explain it is easy to understand. Typically the writer made some analysis when he makes this book. That's why this book acceptable all of you.

Michael Albright:

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library or make summary for some guide, they are complained. Just very little students that has reading's spirit or real their leisure activity. They just do what the professor want, like asked to go to the library. They go to generally there but nothing reading very seriously. Any students feel that examining is not important, boring along with can't see colorful pictures on there. Yeah, it is for being complicated. Book is very important to suit your needs. As we know that on this age, many ways to get whatever we wish. Likewise word says, ways to reach Chinese's country. Therefore this Yoga for Beginners: The Daily Guide of Basic Yoga Poses and Exercises for Beginning Students (Private Yoga Lessons) can make you truly feel more interested to read.

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