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HATHA YOGA POSES HATHA YOGA POSES (15 AMAZING YOGA WAYS TO A BLISSFUL CLEAN BODY MIND + 11 YOGA POSES FOR BEGINNERS: HATHA YOGA POSES COMPILATION

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Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.This beginning Hatha Yoga poses compilation package includes 2 Volumes in one. It is for everyone who is a beginning Yoga student wants to get started with Yoga the proper way. Hi, this is Juliana Baldec and my sister Alecandra Baldec empowered me to get into the fascinating world of Yoga. She inspired me and encouraged me not only to tap into the unlimited benefits of Yoga which helped me get rid of my breathing and Asthma problems, but she also inspired me to write this Yoga poses book that includes all the Yoga poses that I have been doing on a daily basis for around 3 months now. Not only did I beat Asthma by applying these Yoga poses on a daily basis, but I also turned into a much fitter, happier, healthier and more relaxed person. Both, her and my book talk about beginning Yoga poses in a completely different way and perspective because I am a beginning Yoga student myself and I am talking about my own experiences that I have made with Yoga over the past 3 months. She is a certified Yoga instructor and has lots of experience and knows about every aspect of Yoga as a Yoga practitioner herself and as an instructor. Here is what you will get in my beginning Yoga poses guide: 11 Yoga Poses For Beginners You Wish You Knew The system is perfect for beginners who might have tried to integrate Yoga poses into their lifestyle, but until today these individual might have failed because of time constraints and modern life complexities. This compilation of the 11 most beneficial Yoga workouts reveals my top Yoga postures for...



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