



Yoga: Everyday Yoga for Beginners (Yoga Poses for Stress, Anxiety Relief & Weight Loss) (Yoga Guide, Yoga For Beginners, Yoga Poses, Benefits of Yoga, Teaching Yoga, Yin Yoga)

Tony Coop

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Yoga : Everyday Yoga for Beginners Guide For Weight Loss, Stress Relief, And To Find Inner Peace!

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The world that you are living in is a crazy and oftentimes messy world. You are constantly moving. You are never still. You are always busy to the point that you forget how it is to live. You turn into a robot that is always on auto pilot mode—disconnected, disengaged, empty and lost.

Someone who found himself living the exact same life described above wrote this book. He knew that he had gone astray and had been trying so hard to find his way back home.

Along the way, he stumbled upon the practice of Yoga and from that moment on, his life has never been the same. He discovered peace, love and joy in seemingly hopeless places and situations. He was able to get to know the real him. He made it back home.

This book will also help bring you back to you! It will help you understand and appreciate the true meaning of yoga. There are no complicated theories and concepts involved. Everything was broken down into simple and easy to understand explanations and instructions.

This book will give you simple steps on how to incorporate the practice into your life and how you can maximize the benefits that it can bring to your life (such as inner peace, stress relief and even weight loss).

This book is not just a book. It is your mentor, guide and most of all, your friend. It will give you comfort when you need it. It will encourage and push you to your limits. It will sometimes annoy you with its brutal

honesty and candidness, like what every good friend does. However, in the end, it will lead you back to YOU!

Grab a copy of this book and begin a new chapter in your life – a chapter that is overflowing with peace, happiness, love, compassion, kindness and bliss.

Here Is A Preview Of What You'll Learn...

- Yoga 101: Defining and Understanding Yoga
- Yoga and Spirituality
- Yoga and Weight Loss for Beginners
- Yoga for Beginners: Foundations of Yoga
- Meditation and Yoga
- Mindfulness Tips
- Tips in Finding Inner Peace
- Yoga and Your Chakras
- Yoga and Tai Chi
- Yoga Poses for Weight Loss and Stress Relief

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Remember: Investing in yourself is the most important thing to do!

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Kyle Gill:

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Gary Simms:

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