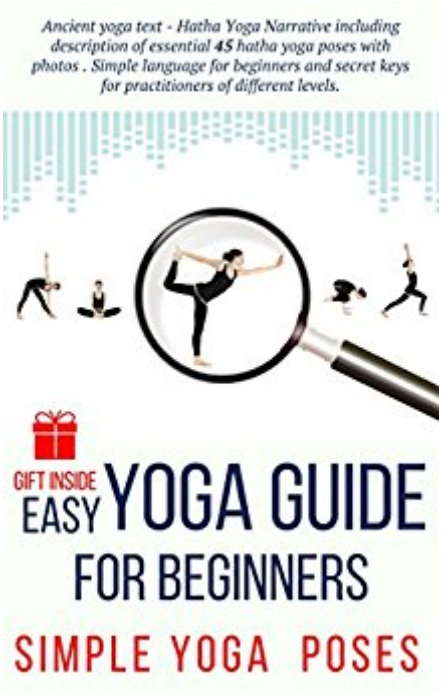
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Easy YOGA GUIDE For Beginners: Simple 46 Hatha Yoga Poses For Body And Mind (Yoga For Beginners Book 1)



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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. Ã¢Å“â • Complete beginnerÃ¢â ¬â„¢s guide Ã¢â ¬â œ everything you need to get started Ã¢â ¬â œ the very first yoga bookÃ¢Å“â • 46 essential yoga poses with simple instructions and photosÃ¢Å“â • Text as a conversation between the Teacher and the studentÃ¢Å“â • Simple and friendly answers to basic questions all yoga newbies need to knowÃ¢Å“â • Book that never gets outdated and is always topicalÃ¢Å“â • It is worth to reread it from time to time Ã¢â ¬â œ it will open new aspects every timeÃ¢Ëœâ |Ã¢Ëœâ |Ã¢Ëœâ | FREE GIFT INSIDE Ã¢Ëœâ |Ã¢Ëœâ |Ã¢Ëœâ | 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 practitionerProgramm: PenToPublish2017

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