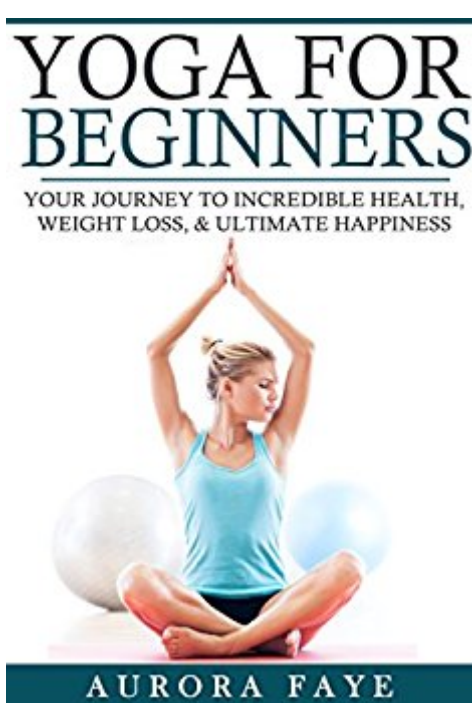


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# Yoga: Your Journey To Incredible Health, Weight Loss, And Ultimate Happiness (2nd Edition) (Yoga, Yoga For Beginners, Yoga Positions, Meditation, Mindfulness, Chakras, Mobility)



## Synopsis

2nd Edition Released! If Highly Successful People Do This, Why Not You?! LeBron James, Ariana Huffington, and Gwyneth Paltrow, Russell Simmons, Dwayne Wade. What do these successful entrepreneurs, entertainers and athletes have in common? They all include this simple workout habit in their daily lives: yoga! Do you want an easy way to optimize your health and lose weight FAST? Are you looking to 10x your productivity, creativity and energy? Would you like to live stress free and create a fulfilling life? The good news is: YOU CAN! And it doesn't have to be complicated and hard process. Just by implementing 10-30 minutes of yoga per day, you can experience: Improved productivity and creativity Better sleep Increased energy Less stress in your life Improved health and fitness And much, much more! FREE Bonus E-Book INSIDE That Will 10x Your Happiness, Energy And Success In Your Life! Well, what are you waiting for? Scroll Up, Take Action And Buy This Book Now!

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## Customer Reviews

This book will show us how we can get out of the lifestyle that's full of stress and anxiety. It also taught me the history of yoga and helps me understand the benefits of yoga. This book will provide

us the right instructions on how we can start yoga and it will give us the step-by-step instructions on how we can do the right pose in yoga. Let's start doing yoga and stop those excuses on why you can't do yoga. Fantastic book!

The title alone is enough reason for me to grab this book. Apart from being one who utterly loves to try Yoga for quite some time now, I also think this book has given it a different shade. I never look at it as something to provide me that ultimate happiness thing, but here I am reading more about it. And it is also awe-inspiring to know that highly successful people include Yoga in their workout regime. And yes, if they can do it, there is no reason for someone insignificant as me not to, right? I also appreciate the book's enumerating of the perks of doing Yoga, surely an enlightenment.

I have some experience with yoga. I purchased this book to get the correct foundation and further convince my lazy self that yoga is something I can do and is worth doing. Hence, I got the most value from reading about the health benefits of yoga, as they range from psychological to physiological. My exercises preferences have tended to be more on the weight lifting and body building side, so I was intrigued to learn about Power Yoga which focuses more on muscle strength and endurance. The other elements that I appreciated learning were the notion of positive thinking, breathing, and relaxation and how those elements are required for and bolstered by yoga. This book really opened my eyes to the holistic benefits of yoga. I gave it a 4 because the content was amazing, but when certain postures and techniques were discussed, I think visuals or images would have been really helpful to augment the technical writing. Devil is in the details, and pictures really help me know how to do the poses correctly. Small matter, as overall this book was exactly what I expected.

I have read a few yoga books for beginners in the past. Most of them are easy to read and easy to forget. This book, on the other hand, gave me the simplest ideas behind the concept. Anyone who reads it will easily get a better understanding of the Yoga principles. It is brief and does not wander too long on the history. You'll get a clear description of the fundamentals and benefits of yoga. It may be hard to follow the poses without the pictures but with the detailed explanation of the book, someone imaginative enough may not need the visuals. On top of that, the instructional video of Yoga workout at the end of the book is another good resource to start a Yoga journey. A good reading material for beginners.

My mum retired one year ago and she does not like exercise such as jogging or running and I thought of Yoga which is slow to keep her healthy and she can manage it. I got this book on and it has guided her in this. It has been almost two months and my mum is always grateful that I suggested yoga to her. She refers to this book always and it has become her close ally in yoga practice. It is just perfect for any yoga beginners out there, thanks to the author.

This book has lots of theoretical and practical information on yoga. If you are interested in knowing the different types of yoga, its origin, etc this is the good book to refer. I know few basic yoga postures but this book helped me to understand the concept behind yoga and few new yoga postures. This book would have been great reference for beginners, if author would have provided illustrations in "Chapter 10: Basic Asanas/Postures in Yoga".

How we can begin Yoga? this book will give you the right directions and also give step by step instructions on how to do perfect yoga pose. This book really opened my eyes by the overall benefits of yoga. I gave it a 4 because the material was incredible but there was no picture added so I think it's difficult to follow. This book is really new guidelines, we use during yoga.

I just finished reading, probably the best available book on Yoga!!! Amazed with its simplicity and easy to understand language. Aurora Faye did a fabulous work, I became a fan of her style of writing. This book provides you the best step to step instructions for yoga pose and fundamentals for best possible practical result. Yoga is best for our day to day struggling life and stress, it keeps us free and far away from depression and this book just do this very same task. Overall a perfect offering from Aurora Faye!!! Highly recommended to anyone and everyone!!!

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