



Yoga for All Levels: How to Lose Weight and Stay Healthy Using Yoga with Easy Postures

By Luisa Turnip

Createspace, United States, 2015. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****.YOGA BOOK #1 - Everything You Need to Know About Yoga from REAL YOGA EXPERT Along with this book, I will share with you my practice and experience. I will introduce you to the Yoga Book for All Levels. The postures you need to know to make your yoga journey enjoyable. Whether you are beginner or want to deepen your experience, this book is very helpful because it is very informative with physical education, knowledge of levels of each posture, benefits, Sanskrit name, type of posture such as standing, sitting/ twisting, balances and inversion postures. This also includes information on alignment and alternative posture for certain situations. All postures are accompanied with pictures of a model who is a yoga teacher and is also the author of this book. Regardless of religious background Yoga Book for All Levels is very neutral and just focuses on improving one's health. This book does not contain religious or spiritual practice of a particular religion. You can do well by including a prayer according to your belief if you want. I...



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