



## Yoga Training: A Practical Guide to Master Art of Yoga (Paperback)

By Nathan Bellow

Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Ancient Yoga Techniques Can Alter Your Lifestyle Forever With Yoga Training, you can fuel yourself with strength and agility. You can maximize the ways in which you live your at-home and at-work life, and you can relieve stress for good. Yoga Training recognizes the stressors currently filling your life. As you while away, constantly tense and stressed and unable to find true happiness, trained yogis fuel themselves with meditation and postures that bring them engrained mental strength. As an American, you understand that you can and should have it all. But yoga teaches you how to maximize all you have. It teaches you to marry the muscles and tendons in your body with the pulsing mechanisms in your brain. Lose Weight and Strengthen Your Muscles with Step-By-Step Yoga Posture Instructions Yoga is fueled with five-thousand-year-old traditions of postures and poses that yield stunning strength to the body. As you build this strength, you ll cleanse your colon, regulate your thyroid, and balance out your interior pH levels. You will build a better body ready for vibrant weight loss. Furthermore, the...

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