



Yoga At Home: A Step-By-Step Guide With Pictures!

Henry J.

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Yoga At Home: A Step-By-Step Guide With Pictures! Henry J.

Finally a Yoga Guide that makes it simple to Lose Weight, Feel Great, and Enjoy a Healthier Life!...

****AWESOME BONUS:** Your book includes a Visual Guide complete with 30 color photos of yoga poses done by a certified Yoga Instructor PLUS an Audio guide **available for instant download!****

Are you a busy person?...

Does it feel like your responsibilities are never ending?

Would you like a simple way to look younger, relieve stress and lose weight - ALL within the space between your couch and TV?

... Then this book is a must read for you!

I know how you feel...Yoga is only for people who have hours to dedicate to it, right?

Not Exactly.

You can experience the calming benefits of Yoga within minutes. However, most people never start yoga or they simply give up because it seems like a waste of time. If this sounds like you, know that you are certainly not alone, and it's certainly not your fault.

Other Yoga Books do not work.

The other Yoga Books are flawed because they assume reading about yoga will magically make you good at yoga. They propose yoga moves without proper instruction, add fluff and filler chapters about nonsense and recommend you take yoga classes without a caring about your specific needs. What a waste of money!

The Simple Self Improvement Solution...

This Yoga Guide is NOT like the others.

Yoga At Home contains step-by-step instructions of 30 poses that are perfect for people of all skill levels. In this book we reveal the ancient secrets of yoga, it's foundation and different teachings and how practicing yoga can holistically improve your life! With this unique combination of information and actionable steps we can GUARANTEE your success in losing weight, feeling great and living a healthier lifestyle.

Here's some highlights of what you'll learn:

- The Science and History Of Yoga and Why It Works So Well
- What You Need To Buy To Do Yoga (Very Little)
- The 13 Different Styles Of Yoga And Which One Is Right For You
- The Most Common Yoga Myths And Mistakes
- Exactly How To Employ Mindfulness Strategies In Your Life That Result In A Happier, Healthier, More Balanced You.
- The Do's and Don'ts Of Practicing Yoga
- How To Instantly Deepen Your Connection To Your Body
- Yoga Terminology (How To Speak Like a Certified Yogi Master)
- The Step-By-Step Instructions For Doing 30 Simple But Powerful Yoga Poses - All Within The Comfort Of Your Home
- BONUS: How To Find A Yoga Class That Works For YOU

Plus, you get 2 Guides - 100% FREE!

With your purchase comes a Visual Guide of every yoga pose in the book - done by Certified Yogi Instructor Jessica Rei Elle. Jessica shows you exactly how to perform each pose so you can spend less time reading and more time practicing YOGA.

That's not it. You'll also get a FREE Audio guide that will make doing yoga even easier. All you have to do is press play and follow the step-by-step instructions. With these guides you'll be performing yoga in seconds, so it's just a matter of time till you get the body and healthy results you deserve.

NO other yoga book offers this special bonus -This is a one of a kind gift!

It's Finally Time to Take Action.

Don't put it off any longer. Do yourself a huge favor and join the thousands of people getting amazing results...

If you are ready... Scroll up, grab this book, and take the first steps to your healthier & happier life now!

I am looking forward to seeing you on the inside, and further connecting with you by email, twitter or my website!

PS: Don't forget to grab the FREE Audio guide and Visual guide to assist your success! They are linked on the second page of the book

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