



Yoga & Meditation 3 in 1 Bundle!: Book 1: Yoga For Beginners (WITH PICTURES) + Book 2: Yoga for Weight Loss (with pictures) + Book 3: Meditation for Beginners

Shiva Yogi, Victoria Hill, Lillian Way

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Book 1 - Yoga For Beginners (WITH PICTURES)

9 Super Useful Tips to Learn How to do Yoga, Improve Yoga Poses and Experience the Benefits of Yoga

This is a book that gives detailed information about the Yoga practice. It is meant to help the reader achieve better results from the Yoga practice. It will give advice on how to do Yoga the best way. The reader will be guided on how to improve on Yoga exercises therefore achieving more from the practice. It will give very useful tips while recommending the best poses and best environments to perform the exercises.

The reader should expect to learn how to prepare for Yoga. The dos and don'ts before and after a Yoga session will also be discussed. It will also recommend the best places to do Yoga while enlightening the reader on the importance of Yoga to the human body physiologically, spiritually and physically. The topics to be discussed in this book are:

- Types of yoga
- Yoga poses and how to improve them
- Tips on how to prepare for a yoga session and meditation
- The benefits of yoga.
- Who can practice the yoga poses
- 9 super tips that will help you improve yoga
- How to prepare for a yoga session and meditation
- 9 tips on preparing for yoga group exercises
- Choosing and setting up the environments for yoga
- 9 steps to prepare for meditation

Book 2 - Yoga for Weight Loss (with pictures)

7 Ridiculously Simple Ways to Learn Yoga Poses and Experience the Benefits of Yoga. Yoga for Beginners

With the current popularity and ubiquitousness of yoga in society and the media, it doesn't take much effort to begin learning. Yoga is a great hobby to take up when you're bored but don't feel like biking or running, since it burns calories and helps distress at the same. As another benefit, yoga doesn't take a lot of space, so you don't even need to leave the comforts of your own home as long as you have a yoga mat and a large enough open space to fit it. Anyone can do yoga; all it takes is the right mindset. Apply the tips and poses in this book to yourself, keep practicing, and believe in yourself. That's all it takes to succeed in yoga! It's not about being the best (yoga isn't a highly competitive Olympic sport where you're trying to win the gold medal!); it's about improving your own body and mind at a pace that is comfortable for you as an individual. Just a few of the benefits of yoga are better posture, stronger muscles, less pain, less stress, and more confidence. If paired with a healthy diet, you can even lose weight!

In this book, we'll be covering 7 different basic yoga poses as well as 7 tips to help you maximize your yoga experience and benefits. These poses and tips include:

Tadasana (Mountain Pose)

AdhoMukhaSvanasana (Downward Facing Dog)

Trikonasana (Triangle Pose)

Utkatasana (Chair Pose)

SetuBandhaSarvangasana (Bridge Pose)

Vrksasana (Tree Pose)

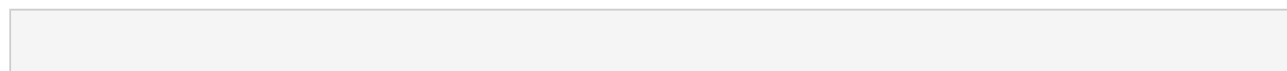
Savasana (Corpse Position)


A large part of yoga is growing to know yourself and the limits to which you can push yourself. Good luck on your journey to becoming a master yogi!

Book 3 - Meditation for Beginners

The Ultimate Meditation Guide: Daily Meditations - How to Meditate to Relieve Stress and Depression. Experience the Benefits of Meditation - Be truly Happy and Peaceful.

This book Meditation for Beginners is the ultimate guide to meditation for beginners. It will help introduce a beginner to various types of meditation and their techniques. It will also enlighten them on the various benefits that they will derive once they start meditation. It is meant to be a resourceful guide that will help them take some time off their duties and unlock the power from within and without therefore helping them come to self actualization. The book will help readers become sensitive to their environment therefore developing a sense of intelligence that will help them unlock productivity and happiness in life.



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Angel Echols:

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