

# The Power Of Yoga | Yoga Techniques | Yoga Exercises | Guide To Advanced Yoga Techniques

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Discover the physical and emotional benefits of Yoga that millions of people are already using! No longer is Yoga a "fad" of the sixties practiced by celebrities. Yoga has become a mainstream practice in the West, as many have discovered the holistic health benefits that have been practiced in the east for centuries. Thousands are joining classes in Yoga each year to learn these ancient teachings. Now you can discover these ancient teachings without parting with your hard earned money for classes. With the Enriching Your Mind, Body and Soul With The Power Of Yoga package, you will receive three guides that cover every aspect of the yoga lifestyle, including relaxation, exercise, breathing, and meditation.

Whether you're using the package in conjunction with a class or on your own, Enriching Your Mind, Body and Soul With The Power Of Yoga can help you: Develop a fit and beautiful body Boost your energy and vitality at any stage of life Reduce stress and experience greater peace of mind Increase your powers of concentration and discipline The three guides included in the Enriching Your Mind, Body and Soul With The Power Of Yoga package will enable anyone, regardless of age, sex, or physical ability, to start practicing yoga at home. Here is what you will receive: Introduction To Yoga Techniques covers all the basics and gives you everything you need to know about yoga philosophy and tradition. You will learn traditional yoga philosophy and practice in an inviting, easy-to-read way. Packed with lessons and exercises, you will love this book and refer to it time and again as you progress in your Yoga education. Lessons In Yoga Exercises is an illustrated guide to the common and popular physical aspect of Yoga . . . Hatha Yoga. Hatha Yoga is comprised of stretching, strengthening and breathing exercises in upright, lying down and inverted postures. This is the Yoga that has become the most popular in the west. Lessons In Yoga Exercises is the guide to attaining physical well-being. Guide To Advanced Yoga Techniques provides a complete manual for the study and practice of Raja and Gnani Yoga. This book of timeless teachings is a treasure to be read and referred to again and again by those seeking the spiritual path. The classic Sutras cover the yogic teachings on ethics, meditation, and physical postures, and provide directions for dealing with situations in daily life. Yoga is a journey toward your physical and

spiritual wellness. With these guides in hand, you will experience the health, energy, and vibrancy that yoga can bring into your life. Order today and get started on your journey! FBM marketing eBooks with Resell Rights Quality eBooks with Master Resale Rights and Plug-in Sales Websites!

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