



**Yoga For Beginners: The Ultimate Beginners Guide To Lose Weight, Strengthen Your Mind And Feel Amazing (yoga for beginners, yoga, strengthen your mind, ... for weight loss, lose weight, feel amazing)**

*Andrew Young*

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## Yoga For Beginners - The Ultimate Beginners Guide To Lose Weight, Strengthen Your Mind And Feel Amazing

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Do you find it hard to lose weight? Are you stressed out of your mind from the lifestyle that you are leading? Well lucky for you, we have put together this guide that can tackle both issues simultaneously through the form of yoga. Yoga is absolutely brilliant for losing weight, and since you're concentrating really in a "meditation" environment, you end up strengthening the mind while finding your inner peace.

Derived from the Sanskrit word "yuj" which means "to yoke or integrate" and true to its definition, yoga is the embodiment of physical, mental, and spiritual practices or disciplines that aim to harmonize the body, mind and the breath through various means of breathing techniques, asanas or yoga postures and meditation.

### In This Book, Here Is A Preview Of What You'll Learn...

- Yoga – A Dynamic Tradition
- The 'Holistic' Approach
- 'Fit-In-Fifteen' Yoga Starter Set
- Best Practices and Precautions
- Tips To Pep-Up Your Yoga Session

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