



# **Beginning Yoga: Discover the Power of Yoga and Meditation to Lose Weight, Relief Stress and Find Inner Peace (Yoga Poses, Yoga for Everyone)**

*Victoria Simmons*

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For thousands of years, people have been practicing yoga and in return, been living enlightened lives. In today's society, it may be a bit difficult for anyone to feel a sense of peace in their lives. Which is when yoga should be introduced into one's life. Yoga is a quick getaway for anyone in a negative or stressful situation. After learning the several paths and poses yoga includes, anyone will be able to become a master at it.

Yoga doesn't have to take up all of your afternoon either. You can recuperate from any situation quickly and efficiently. Some poses take minutes to start showing an effect on your mind and body. So, while you're watching the news, waiting for breakfast to be done or if you're simply nothing, get up and stretch those limbs! Your mind, body and soul will thank you.

If you want to rid yourself of negativity or stress, this is the book for you. It's simple. You'll learn not only how yoga enhances one's mind, but how it benefits your health as well. With yoga, you have nothing to lose. You'll be able to eliminate whatever is weighing you down, your weight will remain within a reasonable number, and your health will be great.

## **Inside You Will Learn:**

- The Basics of Yoga
- The Several Paths of Yoga
- How to Eliminate Stress
- Which Poses Bring you Peace
- How to Drop the Weight
- Maintaining your Health with Yoga
- How Yoga Helps Your Mind

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