



Yoga: For Curvy Girls Guide - Easy Beginner's Poses for Women with Curves (Yoga for Stress Relief, Anxiety, Sleep & Weight Loss)

Carmen Reeves

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I know what you're thinking. You're thinking that yoga and a wonderfully curvy figure just don't go together.

You're just not flexible enough, your curves would get right in the way and that your body just wouldn't obey you. You'd wobble like an ugly duckling and finish up feeling embarrassed and very silly. At least that's what you think.

But did you know that over the last few years, a revolution has been gathering place in the yoga studios and living rooms of the world? A powerful revolution fronted by women just like you and I who also want to enjoy the massive health and happiness benefits of starting a yoga practice, but because of their body shape have felt too ashamed to even give it a go. A revolution that I'm lucky enough to be part of.

Over the past few years, I have helped empower curvier women to start a yoga practice no matter what their challenges, or how scared they might feel, and now I'm here to do exactly the same for you.

I've witnessed the amazing transformative effects of yoga in all of my fellow yoga enthusiasts; I've watched wallflowers blossom into strong, confident and beautiful women, I've seen that inner glow light faces from within, I've seen chronic health conditions heal and stubborn pounds drop off. And I can't wait for these amazing benefits to happen to you.

You see; you don't have to have supermodel looks or be as bendy as a pretzel to welcome yoga into your life - you only need the desire to learn and a body to practice within. Provided you follow the easy-to-understand instructions in this book, you **CAN** become the very best version of yourself, and feel amazing too!

Here's some of what I'll be sharing with you:

- The fascinating facts about yoga
- An easy guide to the styles, philosophy and underlying principles of yoga
- The top secret ways to get the most from your yoga practice
- What to do when boobs get in the way (and many other useful curvy girl tips)
- Why it's so important to get that breathing right
- The truth about yoga as a fitness workout

PLUS a fully illustrated guide to yoga postures (asanas) and flow sequences, including:

- Beginner's Guide to Sun Salutations
- Yoga for Winter Blues & Depression
- Yoga for Better Sleep
- Yoga for Weight Loss
- Yoga for Period Pain

And my ultra-popular and useful '5-Minute Fix Yoga' for those who really need to give their bodies some TLC.

So what are you waiting for? Grab this book today to join me on this amazing journey towards better health and happiness.

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Kenneth Kelly:

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