



The Ultimate Yoga 4 in 1 Bundle!: 3 Massive Mistakes Even Smart American Females Make that Keeps Them Worried About Sleep Problems, Back Pain and High Blood Pressure

Shiva Yogi, Victoria Hill, Lillian Gem, Alexandra Gill

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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!

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)

Book 3: Dream Interpretation

Cracking the Dream Interpretation Secret. Find the True Hidden meaning behind your dreams. (Dream Interpretation, Dream Meaning, Visions, Dreams and Visions)

In DREAM INTERPRETATION: Cracking the Dream Interpretation Secret. Find the True Hidden Meaning Behind Your Dreams. (Dream Interpretation, Dream Meaning, Visions, Dreams and Visions) you will learn all about:


- Why do we dream
- What is the meaning of our dreams
- How to interpret you dream
- Is it hidden meaning behind your dreams
- How to remember your dream
- How to make your dreams he

Book 4 - Living In The Now

Master The Art Of Living in the Now and Spiritual Awakening. Carpe Diem! How to be spiritual, live in the moment and be present at all times. Bonus chapter with Daily Meditations

Many people have had the enlightenment and if you had realized the truth of who you really are, life will never be the same. However, everyday life and busy schedule might take you away from living in the now to stress and overworking yourself. Living in the now is the only place where you can be truly happy. The book is your guide on how to live in the moment, be true to yourself and enjoy every single moment and be genuine.

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Brad Bennett:

What do you consider book? It is just for students as they are still students or the item for all people in the world, the actual best subject for that? Simply you can be answered for that issue above. Every person has various personality and hobby per other. Don't to be forced someone or something that they don't would like do that. You must know how great as well as important the book *The Ultimate Yoga 4 in 1 Bundle!: 3 Massive Mistakes Even Smart American Females Make that Keeps Them Worried About Sleep Problems, Back Pain and High Blood Pressure*. All type of book would you see on many solutions. You can look for the internet options or other social media.

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