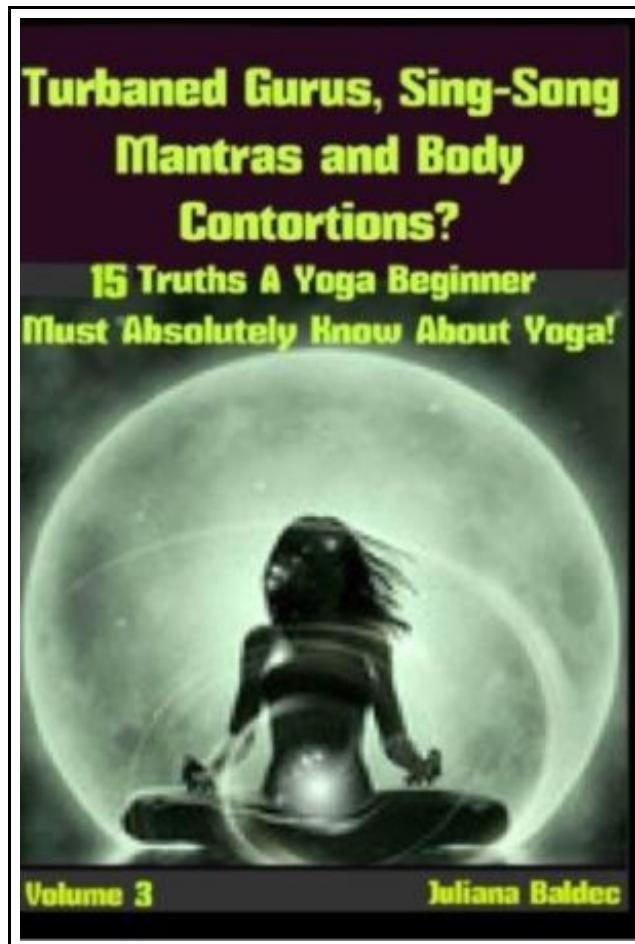


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Createspace. Paperback. Book Condition: New. This item is printed on demand. Paperback. 118 pages. Dimensions: 9.0in. x 6.0in. x 0.3in.Turbaned Gurus, Sing-Song Mantras and Body Contortions 15 Additional Truths Yoga Beginners Must Absolutely Know About reveals the latest insights and truths into the mind-body consciousness of Yoga and answers the most critical and burning questions Yoga beginners are asking before getting started with Yoga. It is a book that is well timed. It explores all the aspects of Yoga that an individual that is interested in starting Yoga would want to know about. The book takes the reader via 15 short and snappy lessons through the different aspects of Yoga step by step starting with the most fascinating aspects and types of Yoga techniques that a beginner can choose from like Bikram Yoga, Hatha Yoga, Ashtanga Yoga, and many more and the last lesson ends with Yoga For Busy Yoga Beginners. The process of Yoga is still a mystery to many in the Western World as they simply had no care to learn about it due to religious reasons or otherwise. As things become more integrated however, more and more individuals are becoming exposed and fascinated by Yoga and are curious to learn where it all started and how it can be beneficial to them. The book gives the novice just enough information to enable them to make an informed decision as to whether or not they will opt to practice Yoga or not. Combine Yoga with a light and healthy food choice and Yoga will become the most powerful and enjoyable lifestyle where you are the warrior and you will command and receive the unlimited health benefits that are possible with such a daily Yoga ritual. There are some great nuggets about Yoga and Cures for Diseases like Asthma,...

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