



Yoga and Meditation Box Set: Yoga for Weight Loss Meditation for Beginners

By Linda H Harris

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Yoga And Meditation Box Set (2 in 1) Yoga for Weight Loss: 12 Best Poses to Lose Weight Fast, Look Better and Feel Amazing Losing weight requires a strict focus on your diet. Likewise, you need to exercise and burn more calories than you consume. You ll probably learn early on that hard work and sacrifices are necessary in order to succeed with weight loss. Yoga can help you focus on the positive and transformative elements of your weight loss journey. With yoga, you ll work and strengthen your heart, burn calories and fat, and give yourself added peace and mindfulness for this journey. In Yoga For Weight Loss, readers learn the principles of yoga and the poses that maximize weight loss. These poses begin in a standing position and then head down to the floor, placing you on your stomach and then on your back. Weight loss benefits multiply when you combine these poses and keep your body moving. Plus, you ll glean the confidence needed to get started and have the tools to...

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