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Ashtanga Yoga: Deep Relaxation Techniques to Discover Long Lasting Inner Peace and Happiness!

By Courtney Burtess

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Ashtanga Yoga - Yoga for Beginners - Deep Relaxation Techniques to Discover Long Lasting Inner Peace and Happiness! Learn everything you need to know about the basics of Ashtanga yoga This book is for beginners who want to understand the basics of Ashtanga yoga. Yoga can be difficult to understand at the beginning, but with commitment and the right guidance, anyone can start learning all about it! This book will make Ashtanga Yoga accessible and understandable for anyone who wants to learn. It s a comprehensive guide that will help beginners understand the philosophy and practice behind this ancient tradition. You will learn the basic techniques of the Ashtanga Yoga practice. In today s world, it can be difficult to attain self-actualization because there are just so many distractions which get in the way of our personal journey. Ashtanga yoga can help you find the right path. It will touch many aspects of your life. It can help you improve physically, emotionally, mentally and most of all, spiritually. By the time you finish reading...

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