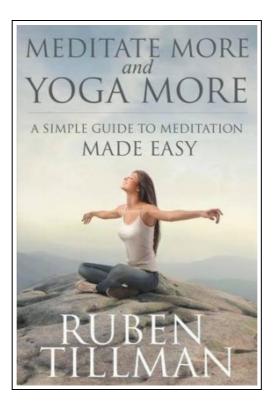
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Speedy Publishing LLC, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. There are a lot of wonderful benefits to Meditation and Yoga. These two forms of exercise work well together. Here are just a few benefits to Meditation and Yoga: Your respiratory rate decreases. Energy and vitality. Manages stress levels and limits anxiety attacks. You build muscle strength, flexibility and tone while decreasing muscle tension. It builds balance and supports superior relaxation. Promotes weight loss and restores self confidence. I believe in Meditation and Yoga. I have seen how much it truly works on your mind and body. It s a great lifestyle change and very rewarding.

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