



Yoga For Beginners Box Set: 43 Yoga Poses To Lead You To A Healthier And Happier Live Plus 15 Meditation Techniques (Yoga for Beginners Box Set, Yoga Books, Yoga for Beginners)

Laura Lee, Lydia Mckenzie, Patricia Evans

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BOOK #1: Yoga For Beginners: 25 Easy Yoga Poses for Slimmer Body, Stress Relief and Inner Happiness

This book is a must have for anyone looking for a basic introduction to the practice of yoga.

While there are many types of yoga, they all have one thing in common: they help you to create a strong toned body and a clear, bright mind. Yoga is probably one of the ultimate exercises in nourishing your mind and body, and with so many different styles there is something for everyone.

Yoga helps you turn back the clock, and fight the aging process so in some ways you could call it your own natural fountain of youth. This fountain of youth exists within you, and is accessible for everyone. With yoga, you can literally transform your mind, body and spirit, leading the way to your own inner happiness and vitality.

In this book you will learn 25 easy yoga poses for a slimmer body, stress relief and inner happiness. Included in the book are:

- Yoga Basics
- Standing Poses
- Balancing Poses
- Twisting Poses
- Back bending Poses
- Seated Poses

BOOK #2: Yoga For Beginners: 18 Yoga Poses and Stretches to Help You Sleep Better

Do you have trouble falling asleep at night? No matter what the underlying cause, insomnia can result in very real health problems including obesity, heart trouble, restlessness, fatigue, and even death!

Fortunately, there is a very easy-to-learn, ancient technique that you can learn in the comfort of your own home and that requires no expensive equipment, and that technique can not only help you to get better sleep, but to change your whole life for the better!

It's time to take control of your life, increase your energy and vitality by learning how yoga can help you to relax while getting stronger every day in both body and spirit!

This book will teach you:

- The benefits of yoga, from weight loss to heart health and beyond!
- How one study at a prestigious American university linked the practice of yoga to increased quality and quantity of sleep!
- 18 basic, beginner-level yoga poses that you can start performing TODAY to increase the quality of your life!
- Poses that are tailored specifically to increasing the quality and quantity of sleep, while building, strengthening and stretching your muscles!
- And much more!

BOOK #3: Mindfulness: 15 Meditation Techniques to Bring You Peace and Happiness

In today's busy world, more and more people are searching for a way to look within for peace and happiness. Meditation is as easy as sitting down and taking a deep breath - and it doesn't have to be a complicated process.

This wonderful little guide offers you 15 simple meditation techniques that can bring you greater peace and happiness.

Meditation can help you:

- Enhance your energy
- Diffuse stress
- Experience greater tranquillity and peace of mind
- Release powerful chemical endorphins
- Relax the mind, body and spirit
- Strengthen your relationships
- Sharpen your focus

In this book you will learn 15 powerful techniques that you can do in 15 minutes or less.

Getting Your FREE Bonus

Download this book, and find "**BONUS: Your FREE Gift**" chapter right after the introduction or after the conclusion.

Download your copy of *"Yoga for Beginners Box Set: 25 Easy Poses To Lead You To A Healthier And Happier Lifestyle With 18 Poses To Help You Sleep Better Plus 15 Meditation Techniques To Make You Peaceful and Happy"* by scrolling up and clicking "**Buy Now With 1-Click**" button.

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Maritza Berry:

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Katherine Hood:

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