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# Yoga For Beginners: How To Get For Incredible Effect With Simple Yoga Techniques (Heal Your Body , Anxiety Relief & Weight Loss, Inner Happiness) ... yoga books, yoga poses, yoga in kindle)

*Angelina Talpa*

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# Yoga For Beginners

## How To Get For Incredible Effect With Simple Yoga Techniques (Heal Your Body , Anxiety Relief & Weight Loss, Inner Happiness)

Yoga for Beginners offers a substantial overview for anyone considering taking up yoga. The information in this book is intended to provide the necessary information for the reader so that he or she can become informed when pursuing yoga training. This book presents yoga in manner that is balanced, neither glorifying nor understating its proven and potential benefits.
Chapter 1 provides a brief but insightful perspective on why achieving a lasting sense of being and happiness is so problematic in today's society, explaining how society shapes us to focus outside ourselves for a sense of satisfaction and how yoga can reverse this conditioning. Chapter 2 covers a brief overview of some of the more popular yoga forms practiced in the west and their distinguishing qualities. Chapter 3 offers a thoughtful explanation to the benefits of yoga, both substantiated and unsubstantiated. Chapter 4 describes 20 poses for the beginner to try. Most of the poses are at the beginner level, though a few more challenging poses are included. Chapter 5 offers helpful suggestions on what to consider when pursing formal yoga instructions.

## Main chapters are:

- What is Yoga
- Kinds of Yoga
- Benefits of Yoga
- Basic Yoga Poses
- How to get started

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