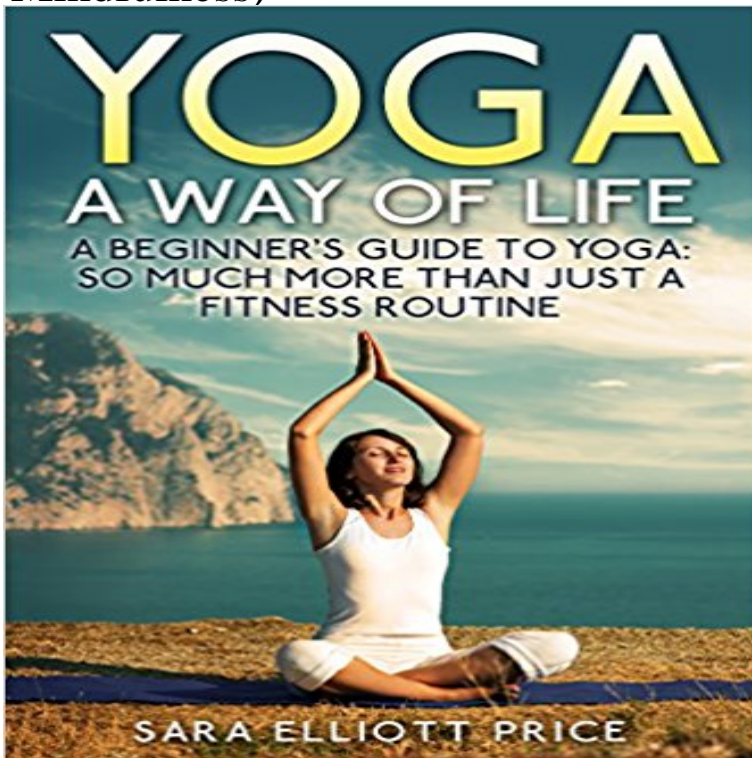


Yoga: A Way of Life: A Beginners Guide to Yoga as Much More Than Just a Fitness Routine (Yoga for Beginners, Kundalini Awakening, Mindfulness)



Yoga Can Transform Your Health And Create A Life Of Peace And Vitality! Did you know that Yoga is so much more than just a fitness routine? Yes, its true! Yoga has the power to completely change your life. When we think of Yoga we usually think of super slim people in tights, contorting their bodies into bizarre shapes. We rationalize that its physically impossible for us to do Yoga, and so we go back to our lives never even giving this life improving practice a try. What If I Were To Tell You That The Yoga You Think You Know Is Only One Small Aspect Of Yoga? The real Yoga, that came out of the Vedic culture thousands of years ago, and that has been adopted and adapted by various religions and modern fitness gurus, is a complete way of life. Yet its not merely a philosophy to be discussed by intellectuals in university classes. Its a practical philosophy that can be adapted by any individual to live a meaningful and peaceful life. Yoga: A Way of Life Will Give You A Complete Understanding Of What Yoga Truly Is And How To Incorporate Yoga In Your Daily Life... Inside, Youll Learn About:==> The history of Yoga and the different philosophies==> The various practices of Hatha Yoga==> How to get started with body postures==> How to perform breath control exercises==> All about the Kundalini Awakening==> Three Yogas for three types of people==> How to integrate the king of all Yogas: Raja Yoga, into your life And so much more... This book will help you understand what Yoga is and how you can benefit from applying one or many of its features in your life. Youll be empowered to get started on the path of Yoga and completely change your life. Would You Like To Learn More?==> Scroll up and click add to cart to get your copy now! tags: yoga, yoga for beginners, kundalini awakening, beginners yoga, mindfulness, meditation, yoga books,

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