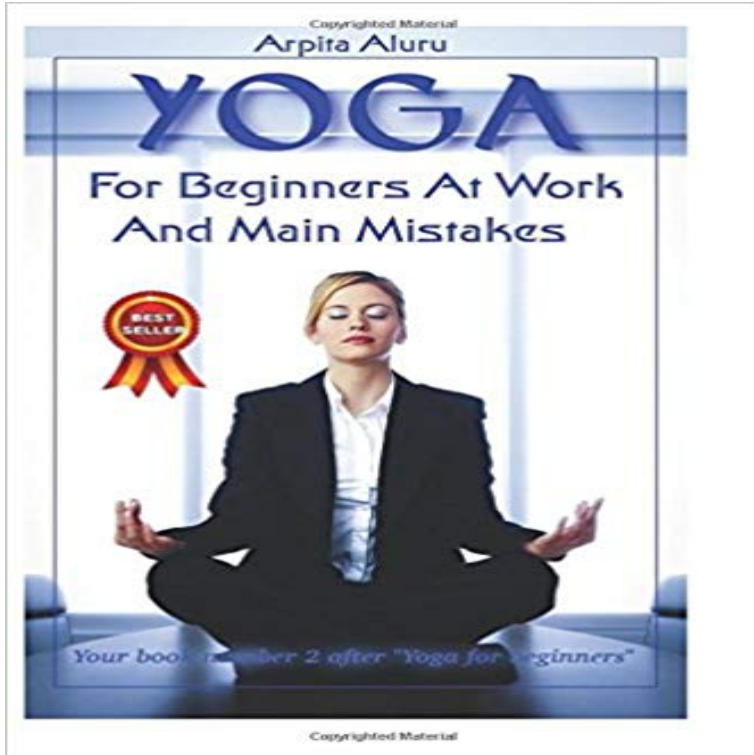


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Yoga for Beginners at Work and Main Mistakes gives the practitioners-to-be an insight into the importance of practicing yoga. The yoga poses included in the eBook are poses that are simple to do, which can be practiced at the office comfortably. The poses are carefully chosen to address your health needs while ensuring that you can do them without yoga mats. You can find clear instructions on how to perform the poses and with each pose, you will find images as well as highlights on the common mistakes a beginner may make. The yoga poses described in the eBook are chosen after considerable thought on the flexibility level of the beginner and the comfort and privacy a work place may offer. Some of the poses mentioned in the eBook can be performed without any additional equipment. For some poses, you can use a chair or a low sill. You will also find simple exercises to relieve neck, shoulder, and arm pain. These simple-to-do exercises are best performed every day for optimal results. Here Is A Preview Of What Youll Learn... Important Health Benefits of Practicing Yoga The Best Yoga Poses for Beginners at Work Yoga Poses for the Week and Mistakes to Avoid Monday Tuesday Wednesday Thursday Friday Exercises for Neck, Shoulders, and Arms 2015 All Rights Reserved ! Tags: Yoga, Yoga Poses, Yoga for Beginners, Yoga Poses for Beginners, Beginner Yoga Poses, Yoga Positions for Beginners, Bikram Yoga, Meditation, Yoga Meditation, Yoga for Weight Loss, Yoga Office Pants, Hatha Yoga, Vinyasa Yoga, Kundalini Yoga, Ashtanga Yoga, Yoga at Work, Yoga Benefits, Yoga Exercise, Yoga Music, Yoga Works, Gentle Yoga, Yoga Anatomy, Yoga Basics, Yoga Blocks, Yoga Retreats, Yoga Positions, Types of Yoga, Yoga Poses for Beginners, Beginner

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