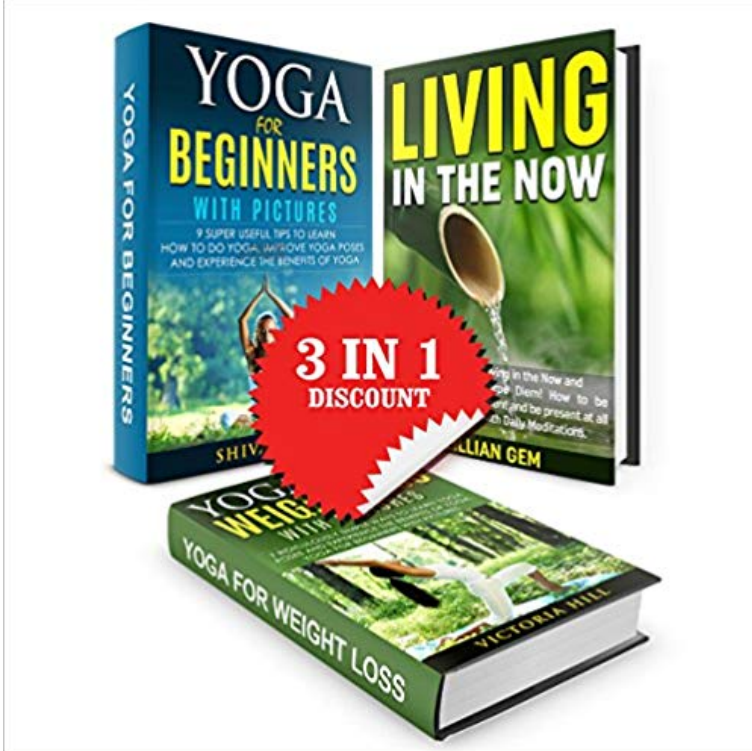


## Yoga + Living in the Present Moment! 3 in 1 Bundle: Book 1: Yoga For Beginners (with pictures) + Book 2: Yoga for Weight Loss (with pictures) + Book 3: Living in The Now



Book 1 - Yoga For Beginners (WITH PICTURES) 9 Super Useful Tips to Learn How to do Yoga, Improve Yoga Poses and Experience the Benefits of Yoga This is a book that gives detailed information about the Yoga practice. It is meant to help the reader achieve better results from the Yoga practice. It will give advice on how to do Yoga the best way. The reader will be guided on how to improve on Yoga exercises therefore achieving more from the practice. It will give very useful tips while recommending the best poses and best environments to perform the exercises.

The reader should expect to learn how to prepare for Yoga. The dos and donts before and after a Yoga session will also be discussed. It will also recommend the best places to do Yoga while enlightening the reader on the importance of Yoga to the human body physiologically, spiritually and physically. The topics to be discussed in this book are: - Types of yoga - Yoga poses and how to improve them - Tips on how to prepare for a yoga session and meditation - The benefits of yoga. - Who can practice the yoga poses - 9 super tips that will help you improve yoga - How to prepare for a yoga session and meditation - 9 tips on preparing for yoga group exercises - Choosing and setting up the environments for yoga - 9 steps to prepare for meditation

Book 2 - Yoga for Weight Loss (with pictures) 7 Ridiculously Simple Ways to Learn Yoga Poses and Experience the Benefits of Yoga. Yoga for Beginners With the current popularity and ubiquitousness of yoga in society and the media, it doesnt take much effort to begin learning. Yoga is a great hobby to take up when youre bored but dont feel like biking or running, since it burns calories and helps distress at the same. As another benefit, yoga doesnt take a lot of space, so you dont even need to leave the comforts of your own home as long as you have a yoga mat and a large enough open space to fit it.

Anyone can do yoga; all it takes is the right mindset. Apply the tips and poses in this book to yourself, keep practicing, and believe in yourself. That's all it takes to succeed in yoga! Just a few of the benefits of yoga are better posture, stronger muscles, less pain, less stress, and more confidence. If paired with a healthy diet, you can even lose weight! In this book, we'll be covering 7 different basic yoga poses as well as 7 tips to help you maximize your yoga experience and benefits. These poses and tips include: Tadasana (Mountain Pose) AdhoMukhaSvanasana (Downward Facing Dog) Trikonasana (Triangle Pose) Utkatasana (Chair Pose) SetuBandhaSarvangasana (Bridge Pose) Vrksasana (Tree Pose) Savasana (Corpse Position) Book 3 - Living In The Now Master The Art Of Living in the Now and Spiritual Awakening. Carpe Diem! How to be spiritual, live in the moment and be present at all times. Bonus chapter with Daily Meditations Many people have had the enlightenment and if you had realized the truth of who you really are, life will never be the same. However, everyday life and busy schedule might take you away from living in the now to stress and overworking yourself. Living in the now is the only place where you can be truly happy. The book is your guide on how to live in the moment, be true to yourself and enjoy every single moment and be genuinely happy. The book will cover the following topics 15 Benefits of Living in The Now Mastering the Art of living in the Now What to do to Fully live in The Now Tips to help you get into and stay present in the Now Mindfulness guide to living in the now MEDITATION THAT HELPS IN LIVING IN THE NOW HOW TO MEDITATE: COMPASSION MEDITATION

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