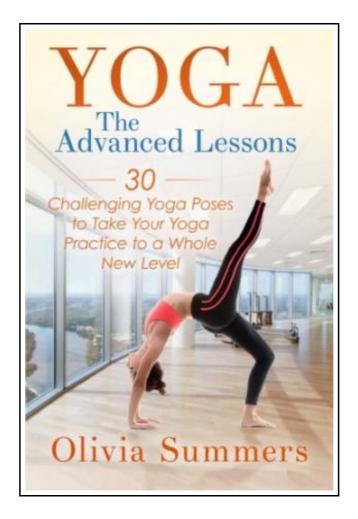
# Yoga: The Advanced Lessons: 30 Challenging Yoga Poses to Take Your Yoga Practice to a Whole New Level (Paperback)



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## Reviews

Complete manual! Its such a great study. It really is writter in straightforward phrases rather than hard to understand. You are going to like the way the article writer create this publication. (Ike Fadel)

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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Yoga: The Advanced Lessons Will Be Your Personal Secret Weapon! Inside you II find 30 challenging poses (like Crow, Peacock, Scorpion and more) to help take your practice from Plain Jane to awe-inspiring-just like your favorite Instagram yogis! If You ve Ever Wanted To Learn How To Do Amazing Bendable Feats Of Art, Then Look No Further. This yoga book has got you covered and then some! These 30 challenging poses will help you get to pro level--ASAP. If you re committed to elevating your yoga game and having fun at the same time, then Yoga: The Advanced Lessons will be your personal coach. Not Only Are You Going To Master Some Of The Most Challenging Poses, But Look What Else You Il Find Inside. Ways to make advanced poses even more challengingWhy you should take your yoga practice outdoorsThe do s and don ts of an outdoor yoga sessionA Brief history of yogaWhy yoga is beneficial for your health and well-beingDetailed pictures and instructions for achieving mind-bending posesWhy meditation is essential to your yoga practiceHow to connect your body, mind and spirit for an even more intense yoga sessionPlus, so much more!So if you re up for a challenge and you re ready to push your yoga routine to the next level, then I challenge you to spend the next 30 days committing to the poses in this book. But be warned: this is for serious yogis only! Think You ve Got What It Takes? ==> Scroll up and click add to cart to get your copy now! tags: yoga, yoga books, yoga poses, yoga advanced, stretching, yoga for weight loss, yoga exercises,...

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