



Yoga: The Yoga Beginner's Bible: Top 30 Illustrated Poses for Weight Loss, Stress Relief and Inner Peace

Tai Morello

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Discover why Robert Downey Jr, Jennifer Aniston, and Russel Brand all set aside time off their busy schedules to engage in the life-changing practice of Yoga.

Limited Time Bonus Inside: 5 Free Guided Meditation Audios!

Do you sometimes feel stressed, anxious, lonely and depressed? Are you always up in your head, constantly dwelling on the past and worrying about the future? Do you want to live a more productive, stress-free and happier life? If so, then you've come to the right place.

With The Yoga Beginner's Bible, you will embark on an inner journey that will take you back to the state of peace, joy and happiness you were born to inhabit.

From the outside yoga can seem like an esoteric, mystical endeavor exclusively reserved to Tibetan monks and spiritual adepts. This could not be further from the truth. Yoga is not only accessible to anyone, it is easy to learn if you have the right mindset and the benefits are only a few minutes away.

In fact, several studies have conformed that a single yoga class for inpatients at a psychiatric hospital had the ability to significantly reduce tension, anxiety, depression, anger, hostility, and fatigue.

The Yoga Beginner's Bible will teach you :

The top 30 poses you must know as a beginner
What Yoga really is
How to turn Yoga into a habit
How to Meditate
The Benefits of Yoga
And Much more!

If your yoga efforts have been frustrating in the past, don't worry. This book will take you by the hand and show you step-by-step how to develop a life-changing yoga practice.

This book will tell you everything you need to know about yoga so that you can get started right away!

Don't hesitate. To start on a journey that could deeply transform how you relate to your world, scroll up and grab your copy right now.

Check out some of the testimonials below:

"Fantastic book for anyone starting their yoga journey! The break down is for each pose is perfect, easy to understand and follow along with. The chapters on mediation are great also. It goes through all the poses and the benefits as well has how to achieve them. Two thumbs up!!!!!!"

"The Yoga Bible is a definitive, complete manual for rehearsing yoga and finding a mental and physical equalization in life."

---> SCROLL UP AND CLICK THE ORANGE BUTTON NOW! <---

Yoga: The Yoga Beginner's Bible: Top 30 Illustrated Poses for Weight Loss, Stress Relief and Inner Peace Details

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From Reader Review Yoga: The Yoga Beginner's Bible: Top 30 Illustrated Poses for Weight Loss, Stress Relief and Inner Peace for online ebook

Tracy Yoder-Morey says

Insightful

I have been interested in trying yoga and meditation for numerous reasons. The biggest reason is medical. This is the best book I have found so far that is easy to understand and follow. I look forward to trying it out with this book's help. I can't afford classes and this book was free. Would recommend to anyone in my situation.

Julie Stoops says

I've been practicing yoga for about 6 months now, so I am still a beginner with a great deal to learn. This book provided me with some new poses to try, as well as good instructions on how to do them. My only complaints are that the pose illustrations are small and not always very helpful, and that the book very much needs an editor. The poor wording, typos, spelling errors, etc detract from what is otherwise a really good resource.

Janet says

Yoga

This is very informative to starting to use the yoga positions. I will use this book to help move my body.

Paola says

It's great that this book has different types of yoga poses for different purposes. For example in this book you could find yoga poses for weight loss and muscle tone, relaxation, meditation, and therapeutic purposes among several others. This book also does a good job at explaining what to do and how to do it while at the same time telling you the benefits that you will see from doing a certain pose. I think that if you are new to yoga this is a good place to start at.

Julie Barrett says

Yoga: The Yoga Beginner's Bible: Top 63 Illustrated Poses for Weight Loss, Stress Relief and Inner Peace (yoga for beginners, yoga books, meditation, mindfulness, ... yoga anatomy, fitness books Book 1)

Table of contents where chapters are broken up by health benefits you are striving to obtain.

Intro about yoga, some history. Poses show the name of the pose in foreign language and English translation, picture of one doing the pose and how to do it and the benefits.

Has many different types of yoga positions. I felt these poses, especially the ones in the back would not be for beginners at all but you can work up to doing them.

Other works by the author are highlighted at the end. Excerpt is included.

Sam Bronstein says

Clear guidelines

A well explained book giving great tools and understanding to the yoga practice. A great resource to use on a daily basis.

Charles says

Good basics book on yoga

Good coverage of 63 poses, Yoga philosophy, meditation and mindfulness. I recommend it. If you are thinking about trying Yoga read the book.

Kim Warnock says

Short and sweet; great for beginners

I loved the explanations and benefits of poses. They were thorough yet short and to the point. Author takes it a step further and discusses how to make yoga a habit and better yourself and your quality of life. Very motivating!

Cassandra Edwards says

A great guide

Full of information! Proper names and common names for poses. Meditation practice, sequencing and so much more. The perfect beginners guide!

Miss R Elliott says

Great book, common sense advice.

This book has the REAL Yoga feel about it, and not the hyped up hard sell approach of some other yoga

books. I would have liked pictures or diagrams/stick figures for at least some of the exercises described :) but the instructions are kept some and short. Thank You Tai.
