



Yoga: Yoga for Weight Loss - How I lost 20 Pounds Doing Yoga (Yoga, Yoga Poses, Yoga Guide, Yoga for Beginners, Yoga for Weight Loss, Meditation)

Robert Junior

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How I Lost 20 Pounds Doing Yoga

In this book I am going to explain to you how I managed to lose over 20 pounds of body fat doing what I mostly love to do...YOGA

Here Is A Preview Of What You'll Learn...

- Some Basic Concepts about Nutrition
- The Methodology I used to Start My Yoga Poses
- The Poses I Used to Achieve My results
- The 11 Core Yoga Positions I Used to Come to a Result
- Useful Tips & Tricks
- 11 High Quality Image Illustrations of All Basic Poses
- Much, much more!

Download your copy today and learn all the basics about the wonderful art of Yoga!

You'll be Very Happy that You Did!

Thank You!

Tags: Yoga, Yoga For Beginners, Yoga Poses, Yoga for Weight Loss, Meditation, Health, Stress Management, Weight Loss, Pilates

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Shelia Tonn:

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