

Daily Yoga For Chest

Juliana Baldec

Yoga Fitness for Men Dean Pohlman, 2018-05-08 Maximize athletic performance and increase strength and endurance through the power of yoga. Incorporating yoga into your fitness regime can help you perform better on the sports field and in the gym! Learn how yoga works and integrate key yoga poses and routines to improve flexibility, core strength, and prevent injuries. For centuries yoga has been used to improve overall health and strengthen the mind and body. This yoga guide focuses on helping men perform at their highest fitness levels. Inside the pages of this yoga book you'll find: - More than 50 postures with full-color photos and step-by-step instructions. - Over 20 workout routines tailored to specific performance goals, such as endurance and power, or improving your running or weightlifting performance. - Focuses on the functional aspects of yoga, including sports performance and injury prevention. - Information on how yoga can specifically benefit men. - Easy-to-follow steps to execute yoga postures. Yoga is known to have plenty of benefits, but did you know that it also has benefits specifically for men and athletes? At the core, this ancient practice is based on stretching different muscle groups for greater flexibility, ease of movement, and greater power. And these benefits translate to sports performance, gym gains, and overall health - allowing your body to move as it should. No chanting required to master these yoga postures and workouts! Written by Dean Pohlman, sports coach and author, this yoga book for men is focused on yoga's functional fitness benefits and less on the spiritual or emotional aspects. A wonderful gift and fitness resource, *Yoga For Men: Build Strength and Improve Performance* will help men meet their performance goals, play harder and feel better.

Hatha Yoga For Beginners: Learn Proper Yoga Anatomy & Poses Juliana Baldec, 2014-08-26 Hi, Juliana Baldec here. My sister Alecandra Baldec empowered me to get into the fascinating world of Yoga. She inspired me and encouraged me not only to tap into the unlimited benefits of Yoga which helped me get rid of my breathing and Asthma problems, but she also inspired me to write this Yoga poses book that includes all the Yoga poses that I have been doing on a daily basis for around 3 months now. We put our two beginning Yoga position guides together into one comprehensive compilation for beginning Yoga students to learn from and to enjoy. Both, her and my book talk about beginning Yoga poses in a completely different way and perspective because I am a beginning Yoga student myself and I am talking about my own experiences that I have made with Yoga over the past 3 months and she is a certified Yoga instructor and has lots of experience and knows about every aspect of Yoga. This is why I also included a cool 5 minute Yoga strategy for you so that you can even stick to your daily Yoga ritual if you are a very busy Yoga beginner and have almost no extra time for Yoga workouts. I also hope that this book will enable and empower you to develop a passion for Yoga. You are going to discover the basic standing Yoga poses, the basic chair Yoga poses and the basic floor Yoga poses and you will get the most benefits of yoga out of these as a beginner. If you are following and applying the empowering information inside the guide and if you are repeating these basic poses on a daily basis, you will soon be able to tap into these unlimited benefits that come from a daily Yoga practice. This compilation gives helps you discover the best Yoga exercises for beginners without having to invest a fortune in trainers and instructors, but you still get the valuable information that comes from a Yoga beginner just like yourself and from a Yoga experts who has done this with passion for years. This is the type of knowledge that you wish you knew before...

Everyday Yoga Sage Rountree, 2015-06-04 America's leading expert on yoga for active people, Sage Rountree, shares her approach to practicing yoga every day in this colorful, lay-flat guide to yoga poses and routines. Flexibility, balance, whole-body strength, recovery, range of motion, focus--a regular yoga practice brings many benefits to people who lead active lives. For athletes in particular, the dynamic stretching of athlete-friendly yoga poses and properly designed yoga exercises can counteract the tightness and imbalances that come from daily workouts. In *Everyday Yoga*, certified coach and registered yoga teacher Sage Rountree shares the yoga positions and exercises she has developed in her own yoga studio, at Kripalu, and

working with active people during her popular yoga clinics around the country. She guides experienced yoga practitioners and yoga beginners on the best ways to design and develop their own at-home yoga routines. Everyday Yoga provides endless opportunities to explore and practice yoga in your own home: How to design yoga sessions to address the whole body or specific areas How to sequence yoga poses for a satisfying practice How to create yoga routines of varying duration from 5 to 50 minutes How to make yoga poses easier or more challenging Each Everyday Yoga routine moves the spine in every direction and loosens tight hips in routines that can last from 5 to 50 minutes, leaving readers satisfied and relaxed. By sequencing several routines together, readers can build stronger, more flexible, injury-resistant bodies.

Meditation & Yoga Tips You Wish You Knew! - 3 In 1 Box Juliana Baldec, 2014-08-14 Red Hot New Meditation & Yoga Tips You Wish You Knew! Release!!! Gain more time out of your day and your life and discover the intriguing new way of practicing Yoga and meditation for more happiness, insight, healthy and productivity that even works for you if you only have 5 minutes per day and are a very busy person. Inside this amazing and exciting new book compilation of 3 books you will be discovering how to empower and enrich your body and mind and become a more productive and more successful YOU! Book 1: 15 Amazing Yoga Ways To A Blissful & Clean Body & Mind Book 2: Daily Yoga Ritual Book 3: Turbaned Gurus, Sing-Song Matras & Body Contortions - Volume 1 You will love discovering some new aspects of Yoga & Meditation and the connection of Meditation & Yoga that you might not have considered yet. If you love Yoga and/or Meditation you will love this compilation to broaden and deepen your Yoga and Meditation perspective. Forget the old concept because there is no need to waste your time and every reason to do Yoga and Meditation the new and 5 minute quick way so that you will gain more time out of your day and your life! Learn the new way of Yoga and meditation today if your dream is escaping a boring lifestyle, empowering yourself, or just living more for yourself with less stress and 100% happiness, this book compilation will give you some amazing insights into the wonderful world of Yoga and Meditation and how both connect. Inside this Yoga & Meditation lifestyle compilation you'll discover: * 5 Minute Per Day Yoga Routine * The Yoga-Meditation Connection * The Basic Yoga Sutras For Beginners * Yoga Poses For Busy People * The Body Mind Connection * Awesome Yoga Ways For Beginners * Meditation Techniques For Happiness, Health & Inner Wealth much more...

Yoga Strength Training: Lose Weight Naturally Fast Juliana Baldec, 2014-08-26 Yoga Strength Training: Lose Weight Naturally Fast Yoga Techniques For Super Immunity, Weight Loss & Detox The book takes the reader via 13 short and snappy lessons through the different aspects of Yoga step by step starting with the most fascinating aspects and types of Yoga techniques that a beginner can choose from and the last lesson ends with a Daily 5 Minute Yoga Ritual for busy Yoga beginners. The process of Yoga is still a mystery to many in the Western World as they simply had no care to learn about it due to religious reasons or otherwise. The book gives the novice just enough information to enable them to make an informed decision as to whether or not they will opt to practice Yoga or not. Combine Yoga with a light and healthy food choice and Yoga will become the most powerful and enjoyable lifestyle where you are the warrior and you will command and receive the unlimited health benefits that are possible with such a daily Yoga ritual. There are some great nuggets about Yoga & Weight loss for someone who is looking to lose weight via a healthy and non harmful workout with Yoga, and if you are a busy Yoga beginner just combine it with the 5 minute daily Yoga routine that is included and you can get all the healthy benefits that come from Yoga while losing weight at the same time. Why This Book? Thanks to media and press about the Turbaned Gurus, Sing-Song Mantras and Body Contortions, Yoga has made quite a comeback in recent years as more and more individuals start to realize the benefits that they can accrue from doing this low impact form of exercise.

Yoga: For Beginners: Your Guide To Master Yoga Poses While Strengthening Your Body, Calming Your Mind And Be Stress Free! Emily Oddo, 2018-05-25 Body, Calming Your Mind And Be Stress-Free! I think you will agree with me when I say, the world is a pretty crazy place. I

mean we all wake up early in the morning, take our breakfast, disappear into our daily responsibilities (which can be work or school), return home, try to get some few hours of sleep and then wake up and repeat everything again. What are we really doing to ourselves? We have made ourselves so busy that we have lost touch with our inner selves; which is okay except for the fact that, that type of life is affecting our health negatively by piling up stress in your body and mind. You know what we need, a breather and this guide has the perfect one for you. YOGA! Yes, you heard me. For a long time now, yoga has been known to work wonders on the body and mind. Basically, it helps you get in touch with your inner self in a process that releases stress from your body, calms your mind and boosts your strength. After a session of yoga, you glow and feel light. Now, who wouldn't want that? This guide will introduce you to this magical method known as yoga. By reading it, you will get to know the history of yoga, the benefits of yoga, what to expect from yoga classes and what you need to start practicing it. You will also learn some yoga postures and routines that you can do to free your mind from stress while strengthening your body. Are you ready to learn how to channel your inner yogi? Here's what we'll cover in this Yoga For Beginners book: □Section 1: A Deep Understanding Of Yoga □Section 2: Pre-Yoga Orientation And Preparation □Section 3: Basic Yoga Poses □Section 4: Basic Yoga Routines □Section 5: Yoga Diet □Section 6: Frequently Asked Questions Get Your Copy Today!

Daily YOGA for Health and Energy N.R. Koka, There are more than 600 Asanas in all the yoga types. To get the most benefit, stay safe, and find the greatest pleasure, you need to choose a yoga style that is effective and does not cause any pain or injury. I narrowed down to these asanas detailed in this book, that I have been practicing since past few years that are not difficult to do and are very effective in improving general body health, weight loss and reduce the chances of getting diabetes. This book details Yoga postures, Breathing techniques and Tibetan exercises that helps: 1) Strengthens the back and abdominal muscles 2) Brings flexibility to the spine and corrects the posture 3) increase the capacity of lungs, bringing more oxygen supply to the body to function well. 4) Enhances blood circulation 5) Massages the digestive organs and improves digestion 6) Clears the respiratory passages, minimizing risks of infections and allergies in the respiratory system. 7) Is helpful for weight loss and diabetes 8) High overall energy 9) Slow aging 10) Improve strength and flexibility.

24 Yoga Strenght Training Poses: Body Control & Mindset Juliana Baldec, 2014-04-04 Volume 1 & 2: This Yoga beginners guide compilation includes 24 short and snappy lessons that Yoga beginners want to know. It explores all the aspects of Yoga that an individual that is interested in starting Yoga would want to know about. The book takes the reader via 24 short and snappy lessons through the different aspects of Yoga step by step starting with the fascinating origins of Yoga and how we as Yoga beginners are touched by this and the last lesson ends with A quick 5 minute Yoga ritual for busy Yoga beginners. There is even a chapter that shows the link between meditation and Yoga and how the two work together to get the body and the mind in unison and to show how the two disciplines in combination will result in even more health benefits. If you are looking to loose weight, check out the lesson on Yoga & Weight loss to discover how you can combine the two and loose weight at the same time! The important thing is to get a quick overview of all the aspects that relate to Yoga so that you can make an informed decision about your own future with Yoga. A beginner of Yoga only needs a short and inspirational lesson so that he or she is enabled and empowered to get started ASAP. This book is designed for Yoga beginners who like to get started with Yoga but who do not know exactly where to get started yet. This book helps clarify a confused mind or a mind with not enough information about Yoga. In short it gives you everything you need to know about Yoga before you are actually going to get into the action phase of Yoga itself. The book is not expensive as opposed to high prized Yoga trainers plus this book makes reading on your device a very personal, enjoyable, interactive, stimulating, inspirational, and mentally stimulating, interesting & informational process and experience for Yoga routines for beginners... Book 3: Zen Is Like You is an extremely fun, inspirational, quick & easy to read little rhyming book..

Yoga Breathing, Yoga Strength Training, Yoga Healing & Mindset Juliana Baldec, 2014-07-12 Red Hot New 5 Minute Plan To Master

Success & Inner Peace:Yoga And Meditation Handbook - Yoga Breathing, Yoga Chakra, Yoga Discipline Of Freedom, Yoga Healing Release! - 3 In 1 Box Set Gain more time out of your day and your life and discover the intriguing new way of practicing Yoga and meditation for more happiness, insight, healthy and productivity that even works for you if you only have 5 minutes per day and are a very busy person. Inside this amazing and exciting new book compilation of 3 books you will be discovering how to empower and enrich your body and mind and become a more productive and more successful YOU! Book 1: 11 Advanced Yoga Poses You Wish You Knew Book 2: Daily Yoga Ritual Book 3: Turbaned Gurus, Sing-Song Matras & Body Contortions - Volume 3 You will love discovering some new aspects of Yoga & Meditation and the connection of Meditation & Yoga that you might not have considered yet. If you love Yoga and/or Meditation you will love this compilation to broaden and deepen your Yoga and Meditation perspective. Forget the old concept because there is no need to waist your time and every reason to do Yoga and Meditation the new and 5 minute quick way so that you will gain more time out of your day and your life! Learn the new way of Yoga and meditation today if your dream is escaping a boring lifestyle, empowering yourself, or just living more for yourself with less stress and 100% happiness, this book compilation will give you some amazing insights into the wonderful world of Yoga and Meditation and how both connect. Inside this Yoga & Meditation lifestyle compilation you'll discover: * 5 Minute Per Day Yoga Routine * The Yoga-Meditation Connection * The Basic Yoga Sutras For Beginners * Yoga Poses For Busy People * The Body Mind Connection * Awesome Yoga Ways For Beginners * Meditation Techniques For Happiness, Health & Inner Wealth * Meditation Resources & Tips * The Proper Meditation Ritual * Best Meditation Techniques ...

Kitchen Yoga Melanie Salvatore-August,2017-09-15 Easily practice yoga from home no matter who you are with this simple, illustrated guide. An inspiring twist on integrating yoga and life, Kitchen Yoga cooks up poses and practices to do wherever you are. Inside, yogi Melanie Salvatore-August guides you through a modified Down Dog while awaiting your morning coffee, a Locust pose in the living room, detox practices in the bathroom, and relaxation exercises for nighttime yoga in bed. Easy-to-follow yoga “recipes” coupled with helpful illustrations will transform your simmering stress-filled life into feast for the mind and body. Incorporate a yoga routine into your everyday life with cleansing poses, yoga sequences, breathing methods, detox practices, and meditations. Whether a busy soul or the stay-at-home parent, Kitchen Yoga is the perfect alternative to anyone looking for a quick workout around the house.

Body & Mind Over Medicine: Quiet Your Mind. Change Your Life! Relax, Renew & Heal Yourself! - 2 In 1 Box Set Juliana Baldec,2014-07-07 Red Hot New Body & Mind Over Medicine: Quiet Your Mind. Change Your Life! Relax, Renew & Heal Yourself! Release!!! Gain more time out of your day and your life and discover the intriguing new way of practicing Yoga and meditation for more happiness, insight, healthy and productivity that even works for you if you only have 5 minutes per day and are a very busy person. Inside this amazing and exciting new book compilation of 6 books you will be discovering how to empower and enrich your body and mind and become a more productive and more successful YOU! Book 1: Daily Yoga Ritual Book 2: Turbaned Gurus, Sing-Song Matras & Body Contortions - Volume 1 You will love discovering some new aspects of Yoga & Meditation and the connection of Meditation & Yoga that you might not have considered yet. If you love Yoga and/or Meditation you will love this compilation to broaden and deepen your Yoga and Meditation perspective. Forget the old concept because there is no need to waist your time and every reason to do Yoga and Meditation the new and 5 minute quick way so that you will gain more time out of your day and your life! Learn the new way of Yoga and meditation today if your dream is escaping a boring lifestyle, empowering yourself, or just living more for yourself with less stress and 100% happiness, this book compilation will give you some amazing insights into the wonderful world of Yoga and Meditation and how both connect. Inside this Yoga & Meditation lifestyle compilation you'll discover: * 5 Minute Per Day Yoga Routine * The Yoga-Meditation Connection * The Basic Yoga Sutras For Beginners * Yoga Poses For Busy People * The Body Mind Connection * Awesome Yoga Ways For Beginners * Meditation Techniques For

Happiness, Health & Inner Wealth much more...

OM Yoga, 2002-06 Yoga teacher Cyndi Lee brings the rigors and rewards of yoga class to the home in an easy, accessible way. For each day of the week, she offers a unique yoga class that is communicated through charming and simple illustrations.

Body & Mind Over Medicine: Quiet Your Mind. Change Your Life! Relax, Renew & Heal Yourself! - 2 In 1 Box Set Juliana Baldec, 2014-07-07 Red Hot New Body & Mind Over Medicine: Quiet Your Mind. Change Your Life! Relax, Renew & Heal Yourself! Release!!! Gain more time out of your day and your life and discover the intriguing new way of practicing Yoga and meditation for more happiness, insight, healthy and productivity that even works for you if you only have 5 minutes per day and are a very busy person. Inside this amazing and exciting new book compilation of 6 books you will be discovering how to empower and enrich your body and mind and become a more productive and more successful YOU! Book 1: Daily Yoga Ritual Book 2: Turbaned Gurus, Sing-Song Matras & Body Contortions - Volume 1 You will love discovering some new aspects of Yoga & Meditation and the connection of Meditation & Yoga that you might not have considered yet. If you love Yoga and/or Meditation you will love this compilation to broaden and deepen your Yoga and Meditation perspective. Forget the old concept because there is no need to waist your time and every reason to do Yoga and Meditation the new and 5 minute quick way so that you will gain more time out of your day and your life! Learn the new way of Yoga and meditation today if your dream is escaping a boring lifestyle, empowering yourself, or just living more for yourself with less stress and 100% happiness, this book compilation will give you some amazing insights into the wonderful world of Yoga and Meditation and how both connect. Inside this Yoga & Meditation lifestyle compilation you'll discover: * 5 Minute Per Day Yoga Routine * The Yoga-Meditation Connection * The Basic Yoga Sutras For Beginners * Yoga Poses For Busy People * The Body Mind Connection * Awesome Yoga Ways For Beginners * Meditation Techniques For Happiness, Health & Inner Wealth much more...

The Professional Posture Program Amina Hafez, JD;MBA,Walid Hafez, MD,Zachary Hafez, MD,2020-09-01 IF YOU WORK AT A DESK AND USE A COMPUTER OR SMARTPHONE, CHANCES ARE YOU NEED TO IMPROVE YOUR POSTURE. Working at a desk for extended periods of time can put stress on your neck, back, and spine, and, unless you're careful, wreck your posture. The Professional Posture Program is designed specifically for the working professional who sits at a desk. It is a sequence of ten daily exercises targeted to improve posture and counteract the negative health effects on postural muscles due to sitting during the workday. The exercises are work-friendly, designed to be done at your desk or home office, and take less than 15 minutes. The program includes a selection of additional bonus exercises. The Professional Posture Program is unique because it is a simple, efficient, proactive postural program tailored for the busy worker to incorporate into a daily work schedule. It includes: Career advantages of having good posture Guide to ergonomics and the importance of your desk setup for your posture Clear pictures and detailed instructions on how to perform the exercises A daily sequence of ten exercises that can be performed in less than fifteen minutes and optional bonus exercises Summary checklist of exercises (both in picture and text) to post at your desk If you work at a desk, you need to fight for good posture every day. Designed by two medical doctors and a yoga teacher, The Professional Posture Program makes this achievable for you by arming you with the knowledge and tools to do so in less than fifteen minutes a day.

Senior Stretch Glen Marie, 2024-02-23 Revitalize Your Golden Years With Gentle Movements Imagine discovering a treasure trove of serenity and strength, hidden within the confines of your favorite chair. Senior Stretch: Safe & Simple Chair Yoga Moves offers just that--a key to a fortress of well-being for those who wish to age with grace and vitality. This book isn't just about exercises; it's a passage to improving your quality of life, one gentle stretch at a time. Step into a world where your limitations become mere stepping stones to better health. Crafted with the wisdom of age and the science of yoga, this guide provides the foundation to build a practice that aligns with your pace and needs. Learn not only the hows but also the

whys of Chair Yoga, exploring its myriad benefits that range from enhanced flexibility and pain management to improved cardiovascular health and cognitive function. From the comforts of your seat, embark on a journey of self-discovery and self-care. Let expertly detailed instructions in the book gently shepherd you through Warm-Ups that prepare both mind and body, Upper and Lower Body Moves that foster strength and mobility, and Core Stability exercises that enhance balance and prevent falls. With attention to arthritic joints and heart health, this book ensures a holistic approach to your wellness. As twilight ascends, greet a restoration like never before with Restorative Chair Yoga Sequences that relieve stress, and invite tranquility into your evenings. Fuel your days with purpose, and let the illustrated pose library be your visual companion on the path to rejuvenation. Your golden years are not for settling--they're for thriving. With Senior Stretch: Safe & Simple Chair Yoga Moves, transform your daily routine into an oasis of health and serenity. Take that first stretch, and watch yourself blossom.

Restful Yoga & Meditation For Stressful Times, Relax & Renew Juliana Baldec, 2014-07-06 Red Hot New The Mindful Way Through Depression, Fear & Doubt: Restful Yoga And Meditation For Stressful Times, Relax & Renew Yourself! Release!!! Gain more time out of your day and your life and discover the intriguing new way of practicing Yoga and meditation for more happiness, insight, healthy and productivity that even works for you if you only have 5 minutes per day and are a very busy person. Inside this amazing and exciting new book compilation of 6 books you will be discovering how to empower and enrich your body and mind and become a more productive and more successful YOU! Book 1: 15 Amazing Yoga Ways To A Blissful & Clean Body & Mind Book 2: Daily Yoga Ritual Book 3: Turbaned Gurus, Sing-Song Matras & Body Contortions - Volume 3 You will love discovering some new aspects of Yoga & Meditation and the connection of Meditation & Yoga that you might not have considered yet. If you love Yoga and/or Meditation you will love this compilation to broaden and deepen your Yoga and Meditation perspective. Forget the old concept because there is no need to waste your time and every reason to do Yoga and Meditation the new and 5 minute quick way so that you will gain more time out of your day and your life! Learn the new way of Yoga and meditation today if your dream is escaping a boring lifestyle, empowering yourself, or just living more for yourself with less stress and 100% happiness, this book compilation will give you some amazing insights into the wonderful world of Yoga and Meditation and how both connect. Inside this Yoga & Meditation lifestyle compilation you'll discover: * 5 Minute Per Day Yoga Routine * The Yoga-Meditation Connection * The Basic Yoga Sutras For Beginners * Yoga Poses For Busy People * The Body Mind Connection * Awesome Yoga Ways For Beginners * Meditation Techniques For Happiness, Health & Inner Wealth much more...

Yoga For Beginners Ntathu Allen, 2017-10-16 Say goodbye to the old, tired, unhappy you. Say HELLO to the new supple, energetic, relaxed you by making yoga a way of life. Frustration and stress come from spending your entire day meeting other people's demands but never taking care of yourself. Now you're about to learn how to start taking amazing care of your own physical and emotional needs in as little as five minutes per day. You'll learn easy restorative yoga poses to strengthen your body and powerful meditation techniques to remove stress for work and home. Just imagine creating your own custom 5-minute yoga routine that allows you to instantly relax, clear your mind, and energize your body—without needing a yoga mat or instructor to show you what to do. In this book, you will discover: Easy and fun yoga poses designed to increase your energy and revitalize your body A series of breathing exercises guaranteed to restore your calm and focus, allowing you to make better and faster decisions without stress or frustration Soothing guided meditations that will support you in obtaining emotional and physical relief from the stresses of daily life Therapeutic, revitalizing yoga practices like the "3 Minute Workstation Yoga" and "Leap Out of Bed Yoga" that is a quick routine that you can easily do to help you be more energized and help you ease the neck pain and stiff shoulders. Plus, you'll learn 5 Great Ways to get a Good Night's Sleep without drugs or alcohol, using scientifically validated techniques that come from the ancient tradition of yoga.

Yoga for Runners Monique Joiner Siedlak, 2017-04-09 Yoga and Running may seem like opposite points of the fitness range, but one shouldn't

overlook the other just because they might not seem alike. In fact, they might literally be more effective on the other than you hoped. A few of the benefits for Runners: You Will Decrease the Risk of Injury You Will Be a Better Runner Mentally Your Breathing Will Get Better You Will Build Strength Combining a yoga practice with your daily running routine seems like an obvious decision. With all the benefits of yoga, what's keeping you from taking the first step?

Yoga Workouts Juliana Baldec,2014-02-01 In this yoga routine for beginners compilation of 2 Yoga workouts books, Alecandra Baldec & Juliana Baldec are combining: 11 Yoga Poses For Beginners You Wish You Knew & The Daily Yoga Ritual Lifestyle.This is what the two sisters love about Yoga:Hi to all Yoga beginners!You will soon love Yoga,too! The benefits of Yoga and these Yoga poses are way too powerful to pass on. Let me introduce myself first. My name is Juliana Baldec and I am just like you a yoga beginner. Inside my beginning yoga poses book you will learn how a Yoga beginner can take lots of benefits out of these simple yoga poses for beginners compilation.This compilation of the 11 most beneficial beginners yoga poses reveals my top favorite yoga posture and positions. I reveal some valuable tips how to apply them the right way & how to make them work for you the proper way.In today's world time has become such a valuable resource and I give you some insider tips that make these Yoga Workouts work for you, too! The objective of the book is to give you my top 11 yoga basic poses for beginners, to show you the benefits of each one, and to make each of them work for you!I will give you some valuable tips and hints what I like about each of these positions and why they specifically work for me. I tell you my own story about each position and why I connect so well to certain poses so that these stories become very valuable for your own yoga practice.Especially in the beginning of doing something new, it is critical to have a buddy to whom you can connect and model after. I modeled after my sister Alecandra who is an expert in meditation and yoga and she got her knowledge from the yoga and meditation gurus and insiders. This book gives you a cool way to discover the best yoga poses for beginners without having to invest a fortune in trainers and instructors, but you still get the valuable information that comes from yoga inside experts who have done this with passion for years. That's what you'll get in a nutshell! Let's add some additional beneficial Yoga power to this easy yoga poses package.Hi, to all Yoga lovers from Alecandra Baldec! I have fallen in love with Yoga over the years. I have instructed and trained thousands of yoga practitioners.I have added a second Yoga book for beginners to this compilation to make it the most valuable package for you as a Yoga beginner!I have always been about soul & spirit searching, flexibility & the modern lifestyle that I like to combine with the benefits and the power of the yoga discipline and techniques.I like to apply a daily yoga routine in a very strategical and unique way that I call the ultimate yoga lifestyle. My 5 Minute Yoga Routine For Beginners system includes some Quick & Easy Yoga Workouts With Yoga Positions. I also talk about the powerful Yoga Benefits that you will gain from this system. The goal is to apply a daily yoga ritual that will change your life from an average and unhealthy way of life into a true yoga lifestyle with unlimited health benefits and with unlimited body and mind possibilities!My system is perfect for beginners who might have tried to integrate yoga into their life, but until today these individual might have failed because of time constraints and modern life complexities. This quick and effortless 5 minute system reveals the latest insights into the mind-body consciousness connection and how to make yoga work in today's world where time has become such a valuable resource. Watch out for my secret success ingredient that is going to be the connecting part that will make yoga work for you!The yoga workouts compilation is not expensive as opposed to high prized yoga trainers plus we will show you how to stick with a yoga lifestyle and how to make it a very personal, enjoyable, interactive, stimulating, inspirational, exciting, effortless, successful and transformational process where your body and brain get all the benefits!See you inside!

Yoga for Anti-Aging Anand Gupta,2021-01-20 Yoga has long been known as a healing and beneficial art. Gaining in popularity, the ancient practice has taken the fitness world by storm, offering greater health and prosperity to most who try their bodies at the sequences and incorporate

the Asanas into their daily lives. Knowing the true miracles practicing Yoga can inspire, it is no wonder that there are certain Asanas that can help revitalize youth and act as Anti-Aging exercises. This easy to understand guide offers the Secrets to a Younger and Healthier looking you, through Yoga. A brief introduction is quickly followed by full explanations, and simple to follow descriptions of 12 of the most amazing and beneficial Asanas Yoga has to offer. Each one is specially placed to enhance and expand your daily practice, allowing the breath of life to enter you and the youth inspiring benefits of Yoga to flow through your poses. The fountain of youth may not be found in a jar, instead - it may be found on your Yoga Mat... This guide will help you find it.

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