



# **Yoga: The Ultimate Guide to Yoga for Beginners to Master Yoga Poses At All Levels (Bonus Chapters with New Quick Workouts)**

*Sara Kazameir*

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**Your definitive guide to mastering yoga poses both beginner and expert, and understanding the ancient art!**

**Begin your journey of getting in the best shape of your life, lower your stress and anxiety, sharpen your mind and body, for a limited time at a *DISCOUNTED price!***

Nowadays yoga has become more and more popular in Western world zen philosophy. This book is written specifically with beginners and neophytes in mind. It will introduce you the concept of yoga, the different types of yoga, the philosophy behind the practice, principles, health benefits, chakras, research, surveys, practice, etiquette and tips. You will learn about equipment required for proper practice, where to do it, how to get started, and how to stick with it! This guidebook will present a number of means to practice yoga in the right way for your lifestyle and will provide you with all the necessary information to motivate you to practice yoga and offer steps to help you achieve your goals.

Yoga is a discipline comprising physical, mental and spiritual components. The Western world knows this term as a system of physical practice. However there is more to it: in its deep roots Yoga is about spiritual and mental awakening which is obtained through practicing breath and body. As it is quite difficult to give a certain definition to Yoga, we will concentrate on its modern interpretation, which is the physical practice of yoga.

The word yoga is derived from word “yuj” in Vedic Sanskrit, which means “to unite” or “to join”. From this it becomes clear that the aim of the practice has always meant to unite one’s mind, spirit and body. We say self-development, self-recognition, self-realization are the ultimate aims of yoga practice, however, it may sound like a dilemma but all those self-practices should lead to the simple state of mind where you should let go yourself, your ego, accept that harmony across the inner self and surrounding world that can be obtained through appreciating the beauty of every day and seeing everybody as equal to you. The aim of yoga is self-

liberation and self-development. We practice yoga in order to free ourselves from fears, negative feelings, bias and become better than we are now, eliminating bad thoughts, bad speech and bad behavior.

**Take the time to better yourself and buy this book!**

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## **Here's what you can expect to find in this book...**

- What is Yoga
- Basic Principles of Yoga and Zen Philosophy
- Branches of Yoga
- Eight Limbs of Yoga
- Meaning of the Om
- Scientific Research
- Which Type of Yoga Is For You?
- Where to Practice Yoga
- A Good Yoga Teacher
- How to Practice Yoga At Home
- The Optimal Yoga Mat
- Putting It All Together
- And Much More!

Here's what customers thought..

Yoga for me is a very great way to express yourself at the same time you move in a manner that your body can relax, unlock chakras, and move just the way you want it to be without forcing your body to do a complicated moves. I like this ultimate yoga guide since I am just starting up for this practice and in just one practice I'm hooked!

-Marianne

Yoga has been one of the popular activity to lose weight. This book is very informative and provides a well detailed explanation about it's benefit, it's practices, zen philosophy, and it's concepts. A perfect introduction to our fellow beginners. The author also included some great techniques to achieve your goals.

-Blaire MacKenzie

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