



**Yoga Poses Beginner: Yoga Flexibility Workout
Guide & Basic Yoga Techniques For Beginners
(Perfect Meditation & Yoga Gift or Yoga Journal
including ... Yoga Quotes & Meditation
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Juliana Baldec

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Why this no-fail yoga poses for beginners system works for you and brings you great balance, energy, fitness, health and happiness in an easy & effortless way and even if you only have less than 5 minutes per day because you are a busy person? LIMITED-TIME SPECIAL: Special Bonus Inside! That's right...For a limited time you can download "Even More Blissful & Enlightening Meditation Moments" with your purchase of this 2 in 1 Box Set Compilation! That's triple the fun! Juliana Baldec packaged up this 2 in 1 Box Set compilation for you so that you can benefit from one low prize instead of having to buy the two books separately for a higher prize. Book 1: 11 Yoga Poses For Beginners You Wish You Knew Book 2: Zen Is Like You (5 Minute Quick & Easy Meditation Affirmations & Poems) Here is what you'll get in book 1: Here is the thing. Knowing about the specific basic yoga techniques, including some powerful xxxxtechniques for busy people who only have 5 minutes to spare can be very beneficial to your overall well being, happiness, balance, energy and health. Most people think they are too busy and it won't work for them. Nothing can be farther from the truth. Heck, you can even do this if you have no time for yoga during the day and if you crawl into bed at 2 pm in the morning after a long day of work. No matter what your working hours look like or how constrained your time schedule looks like, Juliana is going to show you the way out of it and even if it is 2 pm in the morning and you have not had time to do your yoga up to now. This system is for everyone (yoga for beginners and for advanced users) who is looking for a lifestyle with yoga. No matter how much time you got on hand, you can still follow this system and be successful with yoga. Especially in the beginning of doing something new, it is critical to have a buddy to whom you can connect to 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 exercises 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. This book is based on my own yoga experiences as a beginner which makes this book so much more valuable for beginning yoga practitioners. Every beginner who really wants to achieve a true yoga lifestyle is able to apply my instructions because I show you some usability and time management tricks that I borrowed from Alecandra. These tips make this book a true effortless yoga system for beginners. Being able to apply this daily yoga ritual equals living a lifestyle with yoga which is going to bring you to the ultimate goal itself: unlimited possibilities, happiness, and unlimited health benefits, and so much more... These 11 amazing beginner yoga poses will make a difference in your lifestyle because they can change your life from a common and unhealthy life and transform your life into a lifestyle that is so beneficial & enjoyable to live & you wonder how you were able to live without such a beginners yoga routine before. Once you get it, you are guaranteed going to stick to this system like glue because it is a highly mentally & physically stimulating and beneficial process that you do not want to miss out on for even one more day. Doing these 11 yoga poses (you can do one every day!) is a highly beneficial process and you will soon see what this does for your health! Think of this in this way: You won't regret this investment because this investment is a drop in the bucket compared to the amount of money that you are going to save in medical

bills alone. Book 2: Zen Is Like You...

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