



**Yoga For Beginners, Poses with Pictures, For Weight Loss, Benefits, Techniques Guide - Everything You Need To Know! Relieve Stress, Lose Weight, chakras, & meditation tips**

*Amanda Mills*

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This book guides all those who are looking forward to join yoga classes. Simple aasana (postures) are explained in a short and precise manner in order to make them easy for beginners to understand and follow. All aasana are explained in a step by step method so that one could easily follow the instructions and practice. Before joining classes to practice under a guru (tutor) this book would be helpful to understand the basic concepts of yoga.

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