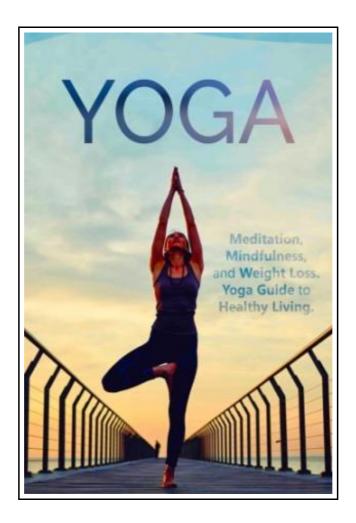
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(Rebecca Bechtelar)

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Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English. Brand New Book ****** Print on Demand ******. Yoga This book will look closely at yoga and meditation, and their importance in the modern world. In this fast-paced world, it is very easy to be overwhelmed and stressed. Many of us may cave into the pressure and basically shut down and this is where problems begin. Your stress levels increase, you seem always anxious and fearful, you never get enough rest because the anxiety and the stress can make it impossible to sleep, and you never seem to enjoy life. If nothing is done to address the situation, the pressure would be too much for your body and the next thing is that you have high blood pressure, diabetes, heart diseases and other health conditions because of the anxiety and stress. In Yoga you will learn: The relationship between yoga and meditation Steps on how to meditate The effects of yoga on body, mind, and spirit Benefits of yoga and meditation Techniques of meditation Yoga techniques Poses for weight loss Yoga poses for happiness Yoga poses for stress relief. If you want to maintain your sanity in this fast-paced world, you need to learn spending a few minutes meditating and even practicing yoga. This book was designed to provide you with all the information you need to start practicing yoga and meditation for stress relief, happiness and weight loss. The next thing you need to do is to start practicing what you have learnt and experience a difference in your life.

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