



## Basic Yoga for Increasing Energy: Yoga Therapy for Revitalization and Increasing Energy (Paperback)

By Aventuras De Viaje

Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. MR Okiang Luhung (illustrator). Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Discover How to use Basic Yoga to Energize Yourself at Any Time! Basic Yoga for Increasing Energy: Yoga Therapy for Revitalization and Increasing Energy contains ten basic yoga routines you can use to energize your mind and body. FREE BONUSES FOR A LIMITED TIME ONLY: Get this book TODAY and you will receive: Access to all the latest Survive Travel publications FREE! 5 bonus basic yoga sequences to help you with cold and flu, increasing flexibility, alleviating stress and anxiety, inducing relaxation, and promoting weight loss. LOOK INSIDE Basic Yoga for Increasing Energy: Yoga Therapy for Revitalization and Increasing Energy to see everything that's included! Read Basic Yoga for Increasing Energy and you will discover: Specific energizing yoga routines to use depending on the time of day. A number of general routines to use at any time. Detailed descriptions of basic yoga poses. Clear and simple pictures. Yoga breathing techniques. Important safety information about when to avoid certain yoga poses. How to do yoga nidra. Over 65 basic yoga poses so you can create your own routines. and more! Bonus Yoga Sequences Get your...



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