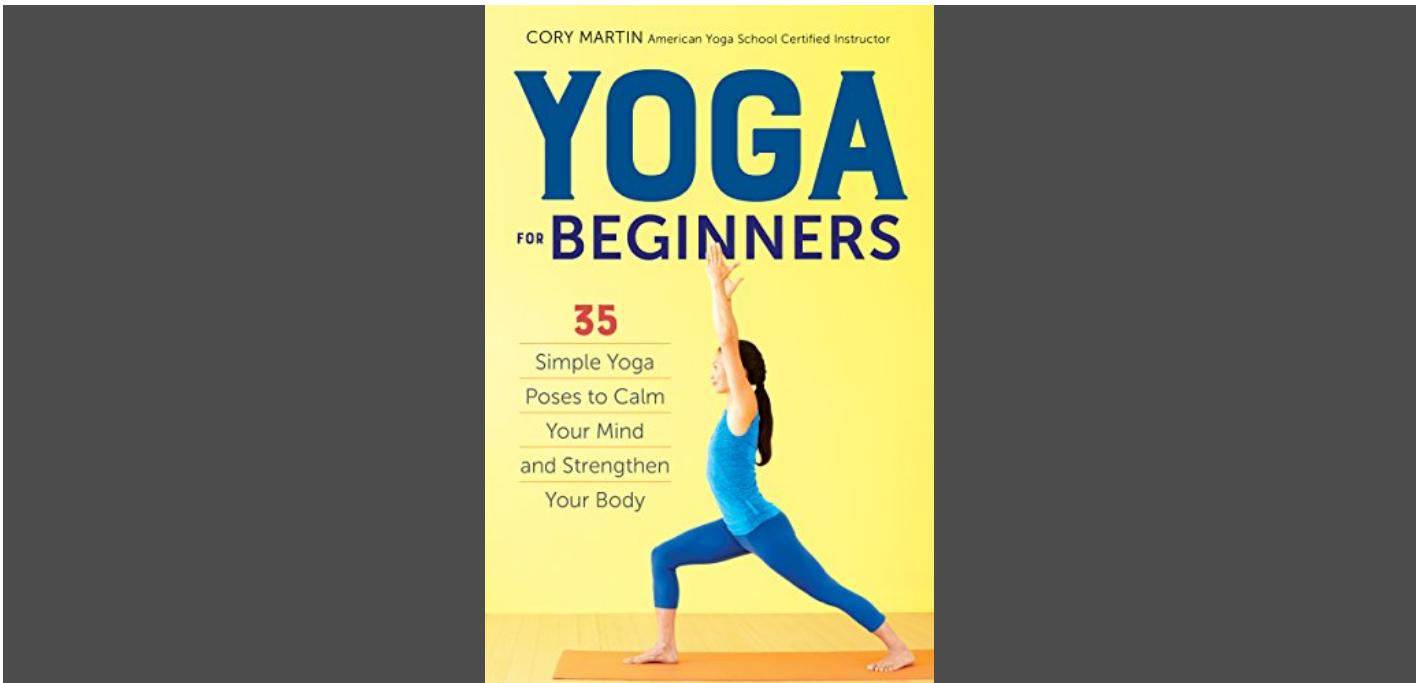


PDF | Yoga for Beginners: Simple
Yoga Poses to Calm Your Mind and
Strengthen Your Body

by Althea Press



[Try Audible and Get Two Free Audiobooks](#)

LIMITED TIME PROMOTIONAL PRICE

Learn Yoga in Your Own Home

Yoga for Beginners is the essential guide to getting started with yoga. With a friendly voice and step-by-step instructions, this book offers everything you need to start enjoying yoga's calming and strengthening effects on your life.

- Complete beginner's guide to getting started with yoga
- Simple instructions for the 35 essential yoga poses
- Full-color yoga illustrations
- 5 restorative yoga meditations
- Nutrition tips to complement your yoga practice
- Guide to building your own yoga sequences

Take a deep breath. Yoga for Beginners will do the rest.



[Try Audible and Get Two Free Audiobooks](#)