



# **26 Yoga & Meditation For Beginners Guru Lessons You Wish You Knew: The Best Quick And Easy Ways To Increase Flexibility & Happiness, Lose Weight, Get ... Meditation Affirmations & Meditation Quotes**

*Juliana Baldec*

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This is a 3 In 1 box set compilation of 3 books. Book 1: Turbaned Gurus, Sing-Song Mantras & Body Contortions?: Yoga Beginner Truths You Must Absolutely Know About Yoga - Volume 2 Book 2: Turbaned Gurus, Sing-Song Mantras and Body Contortions? 15 Additional Truths Yoga Beginners Must Absolutely Know About - Volume 3 Book 3: Zen Is Like you! Book 1 & 2: The compilation consists of Volume 1: Turbaned Gurus, Sing-Song Mantras and Body Contortions? 11 Truths A Yoga Beginner Must Absolutely Know About Yoga, Volume 2: Turbaned Gurus, Sing-Song Mantras and Body Contortions? 13 More Truths A Yoga Beginner Must Absolutely Know About Yoga, and Volume 3: Turbaned Gurus, Sing-Song Mantras and Body Contortions? 15 Additional Truths A Yoga Beginner Must Absolutely Know About Yoga. This compilation pack reveals the latest insights & truths into the mind-body consciousness of Yoga and answers the most critical & burning questions a Yoga beginner is asking before getting started with Yoga. This Yoga beginners guide compilation includes 39 short and snappy lessons that Yoga beginners want to know. It starts with "The Origins and the Universal Appeal Of Yoga" and talks about many fascinating aspects of Yoga that a Yoga beginner should absolutely know about. It also gives some realistic answers to busy Yoga beginners who are looking for a real Yoga diet solutions that does not take too much of their time and shows them how to effortlessly integrate Yoga into their busy schedule. It also gives sufferers of health problems some real answers that relate to the topic of Cure Through Yoga. Juliana herself has suffered many years with the health problem of Asthma and she shows inside the book how she found a real cure for her breathing and Asthma problems via Yoga. This is good news for everyone who suffers from health issues like Asthma, High Blood Pressure, Diabetes or any other health related problem. Juliana is a busy woman herself and knows why most of the Yoga beginners who would like to integrate Yoga into their daily busy lifestyle are not able to do so or are not able to stick to their Yoga routine because of these time problems. These busy Yoga beginners will love the solution that she found for their problem. She gives some very usable tips and ideas that are great for these busy Yoga beginners because applying this "5 Minute Yoga Ritual" will enable a busy Yoga beginner to take advantage of the wonderful world of Yoga, too! Alecandra Baldec, Juliana's sister and a certified Yoga & Meditation instructor, says that the most important questions that she receives on a daily basis are questions like: "Is learning how to do Yoga at home difficult for a beginning Yoga student?", "What are the true benefits of Yoga?" "What is Tantra Yoga?", "What Are Your Experiences From Dru Yoga?", "What Is Drishti Yoga?", "High Blood Pressure & Yoga - Can I Cure High Blood Pressure Via Yoga?", "Asthma & Yoga - Can I Beat My Asthma with Yoga?", "Diabetes & Yoga - Is there a Cure for Diabetes Through Yoga?", "Circulatory System & Heart Problems - Can I Heal Heart Problems Through Yoga?", "Are Cures Of Health Issues Realistic Via Yoga?", "I Am Busy Can I Do Yoga, Too?" "How to do Yoga at Home?", "How to do Yoga at Home for Beginners?", "What are the best Yoga Positions for beginners?", "What are the best Yoga Routines for Beginners?", etc. The book is designed to answer all the questions & shed truth on everything that a beginning Yoga student should know about the wonderful and fascinating world of Yoga. There are other books that talk about Yoga for beginners, but the focus of this book is different because it does not talk about a certain Yoga topic in a boring, drawn out and

long winded way, but it gives you a quick and snappy lesson to read and enjoy & to move on and encourage you to take action. Book 3: "Zen Is Like You" is an extremely fun, quick & easy to read little rhyming book...

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