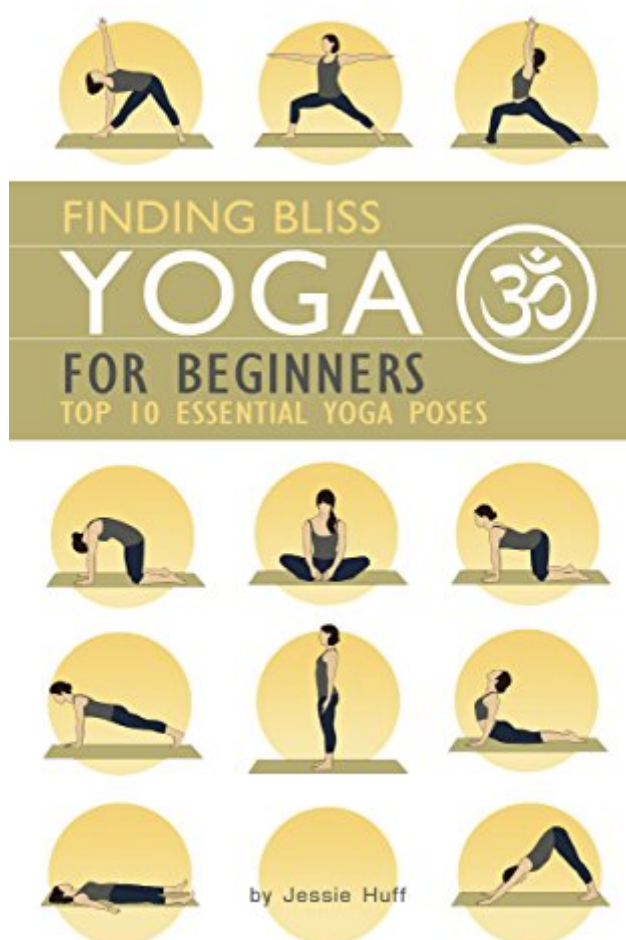


The book was found

# Yoga For Beginners: Top 10 Essential Yoga Poses (Yoga Meditation, Yoga Workouts, Yoga Books, Yoga Sutras)



## Synopsis

Learn Yoga and Top 10 Essential Yoga Poses Yoga. What is the first thing that pops into your mind when you hear this word? Oftentimes, youâ™d think of people in bizarre, weird and near to impossible poses. Sometimes they are inverted, sometimes they are all curled up, sometimes they are twisted like pretzels and sometimes, they seem to float while standing on one foot. These are just some of the common associations made with the word yoga. And partly, you are right. Its practice does involve doing these wild poses. In this book, you will learn the top 10 essential yoga poses that all yogis (practitioners of yoga) must learn. However, before you barrel into these poses, take time to learn and understand the practice and yogaâ™s foundations. For it is only in knowing that you will find awareness and purpose in each and every move you make. So, get ready as we dive deep into the world of the yogis. Discover how practicing yoga can transform your body, mind and soul. Let us hop on the mat and learn, love and live yoga! Here Is A Preview Of What You'll Learn... â“ Yoga Defined, What is Yoga? â“ Yoga In-Depth â“ Yogaâ™s Benefits â“ Yoga and the Body â“ Yoga and the Mind â“ Yoga and the Spirit â“ Yogaâ™s Golden Rules (Sutra) â“ Before you Hop on the Mat â“ Standing Poses â“ Floor Poses â“ Yoga and Weight Loss Here is a Sample Pose: Cobra Pose (Bhujangasana) This pose strengthens the back muscles as well as the back of your legs. It also opens the chest and helps correct poor posture. 1. Lie down on your belly, toes and forehead pressed gently on the mat. 2. Bring your palms on the sides of the chest, fingers pointing forward, elbows bent. 3. Inhale, press into your palms, lift and open the chest, curl your shoulders. 4. Press a little more into your palms, try to lift hips and torso off the floor for a mini backbend. 5. Stay for five breaths. 6. Gently release hips, belly and chest on the mat. 7. Press forehead on the mat. Would You Like to Learn More? Scroll up and select the "Buy now" button to instantly download your copy today.

## Book Information

File Size: 698 KB

Print Length: 54 pages

Simultaneous Device Usage: Unlimited

Publication Date: August 27, 2014

Sold by: Â Digital Services LLC

Language: English

ASIN: B00N42844A

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #1,202,579 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #88

inÂ Books > Religion & Spirituality > Hinduism > Sutras #1446 inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Exercise & Fitness > Yoga #2251 inÂ Kindle Store > Kindle eBooks > Religion & Spirituality > Hinduism

## Customer Reviews

Before hopping into a pickup yoga class at the trendy studio down the street, make sure you read through Jessie Huff's "Finding Bliss." This comprehensive guide to the beloved fitness method is an extremely fun read and gives readers a fantastic base to kick off their new lifestyle. Yoga can be very overwhelming, but with Huff's help it doesn't have to be. Jessie lays out all the essential poses - like tree pose and downward dog - and gives a comprehensive reasoning behind the meaning of each pose. Her tone is very relatable and while reading, you'll feel like you're having a conversation with her versus taking an instructional class. Huff truly takes the intimidation out of yoga and makes it something everyone can understand.

Yoga has helped me with my health problems. This product made my journey more simple.

A thoughtful and gently informative overview that encompasses the meditative and holistic aspects of yoga as well as the basic poses.

Good descriptions but needs more pictures.

[Download to continue reading...](#)

Yoga for Beginners: Top 10 Essential Yoga Poses (Yoga Meditation, Yoga Workouts, Yoga Books, Yoga Sutras) Meditation: The Meditation Beginner's Bible: How to Relieve Stress, Find Inner Peace and Live Happier (meditation for beginners, zen, energy healing, spiritual ... meditation books, meditation techniques) YOGA: The Essential Guide To Yoga For Beginners (Yogananda, Yoga Anatomy, Yoga Poses, Yoga Sutra, Yoga For Men, Yoga Journal) Yoga for Kids: Safe Yoga Poses for Children ages 0-12: Starting Them Young: Children's Yoga Poses for Total Mind-Body Fitness (Yoga for Kds) Meditation: Meditation for Beginners - How to Relieve Stress, Depression & Anxiety

to Get Inner Peace and Happiness (Yoga, Mindfulness, Guided Meditation, Meditation Techniques, How to Meditate) Yoga For Beginners: An Easy Yoga Guide To Relieve Stress, Lose Weight, And Heal Your Body (yoga, yoga for beginners, yoga for weight loss, yoga guide, chakras, meditation) Swim Workouts for Triathletes: Practical Workouts to Build Speed, Strength, and Endurance (Workouts in a Binder) Reiki: The Ultimate Guide to Mastering Reiki for Beginners in 30 minutes or Less! (Reiki - Reiki Healing - Reiki For Beginners - Yoga for Beginners - Meditation ... Beginners - Kundalini For Beginners - Zen) Inside The Yoga Sutras: A Comprehensive Sourcebook for the Study and Practice of Patanjali's Yoga Sutras Meditation: The Ultimate Beginner's Guide for Meditation: How to Relieve Stress, Depression, and Fear to Achieve Inner Peace, Fulfillment, and Lasting ... beginners, anxiety, meditation techniques) Yoga: Ultimate Yoga Mastery: 2-Books-in-1 (50+ Beginner and Advanced Poses Illustrated) (Yoga Healing, Stress Reduction and Mindfulness) ESSENTIAL OILS: Aromatherapy, Essential Oils For Beginners, And Essential Oil Recipes To Improve Your Health (Medicinal Herbs) (Essential oil recipes, ... Aromatherapy and essential oils Book 1) Essential Oils For Beginners: Essential Oils For Beginners: How To Use The Essential Oils To Maximize Your Health And Longevity (Essential Oils And Aromatherapy) (Volume 1) MINDFULNESS: The Bullshit Free Guide To Living a Ridiculously Happy Life - How To Be Present, Peaceful & Content (Transcendental Meditation, Yoga Poses, ... Stress Reduction, How to be Happy) Buddhist Sutras: The ULTIMATE Collected Works of 10 Famous Sutras (With Active Table of Contents) Yoga: Your Journey To Incredible Health, Weight Loss, and Ultimate Happiness (2nd Edition) (Yoga, Yoga for Beginners, Yoga Positions, Meditation, Mindfulness, Chakras, Mobility) Meditation: Complete Guide To Relieving Stress and Living A Peaceful Life (meditation, meditation techniques, stress relief, anger management, overcoming fear, stop worrying, how to meditate) One-Hour Workouts: 50 Swim, Bike, and Run Workouts for Busy Athletes Cross Training WOD Bible: 555 Workouts from Beginner to Ballistic (Bodyweight Training, Kettlebell Workouts, Strength Training, Build Muscle, Fat Loss, Bodybuilding, Home Workout, Gymnastics) Meditation Guide for Beginners Including Yoga Tips (Boxed Set): Meditation and Mindfulness Training

[Dmca](#)