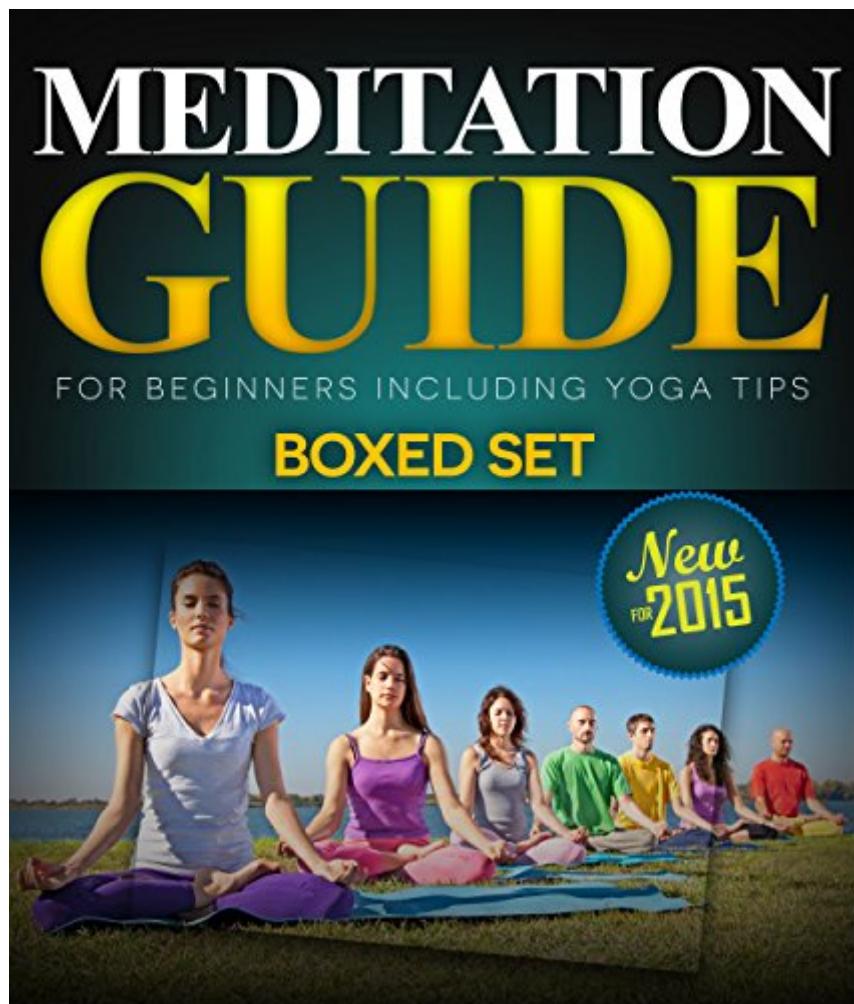


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# **Meditation Guide For Beginners Including Yoga Tips (Boxed Set): Meditation And Mindfulness Training**



## **Synopsis**

Many people live very stressful lives that are overwhelming busy. Taking some time for yourself can have some great benefits. Yoga and meditation are ways that a person can take a moment and simply relax to decrease the daily stress that everyone experiences. Yoga and meditation can both be done from home, and you only need a few moments to get some great benefits. There are some great sources to help you easily learn meditation and yoga for stress relief in your life.

## **Book Information**

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## **Customer Reviews**

I think this book is really great for beginners for many reasons; it helps with explaining the long term benefits of meditation, where to practice and it also gives you great insight if you have not already known the meaning of meditation. Very detailed book and straight forward. It is very easy to read and understand and will allow you as a person to be more productive and of a more positive light. Most of all it is very beneficial in a way that it will help you with your meditation routine and ways to get better at doing it. Basically you gain a wider knowledge on meditation poses, breathing techniques, how to find your inner peace and it also explain the benefits of doing meditation a

regular basis which will help you to learn how to fall into continuous meditation states. There is no question if you should read this book because it will benefit you in more ways than ever. Great Yoga tips to enjoy and learn from. I love all things yoga and as a result have been interested in learning more about meditation. I have taken some meditation classes at my local yoga studio but the best way to learn is always to start with a book in my humble opinion. I would love to take an official yoga meditation training course some day but as I am a mom of little kids the best that I can do is sneak it in to my schedule during their nap time. I like to read about things that interest me so I thought, why not order some yoga meditation instructional training books to get a better idea of the poses and methods. The great thing about this is that it starts from the very basic for a beginner level which is very helpful for me. It goes over time, setting, mind set, , atmosphere, different visualizations, etc. I appreciate that there are different perspectives as there are different authors in the boxed set.

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