

# The Beginners Guide To Yoga And Meditation Plr

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The Beginners Guide to Yoga and Meditation Stressed out? Do You Feel Like The World Is Crashing Down Around You? Want To Take A Vacation That Will Relax Your Mind, Body And Spirit? Well this Easy To Read Step By Step E-Book Makes It All Possible! If you're like the millions of people around the world who have an inordinate amount of stress in your life, there is a way out a way to escape for a few moments every day, a way to heal your mind and strengthen your body allowing the pressures of the world to melt away. How? With a combined strategy of yoga stretches and focused meditation. Feel the stress melt away as you practice the ancient arts of yoga and meditation to help bring your emotional well-being into balance and keep your body fit at the same time! Many think of yoga as a new-age phenomenon that has nothing to offer the average person. Nothing could be further from the truth! Yoga has natural healing properties that can alleviate the symptoms of most common ailments from the common cold to back aches. Experts all over the world agree that yoga helps calm the body and mind leading to a sense of wellness that cannot be achieved through conventional exercise programs. This valuable e-book will teach you about the different styles of yoga and meditation and guide you step-by-step in beginning your own yoga program without the hassle of driving to a gym or wellness center to take classes. What can you learn from this book? The different styles of yoga Basic positions of yoga How to maximize your workout space Meditating for health and wellness Ridding yourself of tension headaches with yoga Reliving menstrual cramps with yoga How to do a yoga workout at your desk And so much more! Along with basic yoga instruction, you will learn how to perform meditation for the ultimate relaxation both after yoga sessions as well as anytime you need a little escape. Learn about: Universal Mantra Meditation Relaxation Meditation Energy Healing Meditation Color Healing Meditation Centering Comes with Private Label Rights, pdf-file, source-code, salesletter, thank you-page, fonts and graphics.

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