

Easing Your Stress With Yoga

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Time and again we hear the word yoga. Often people think it is some sort of exercise with funny poses, right? It is much more than just that. It is a spiritual practice but not a religious one that helps you to maintain a fine balance between work and a healthy mind! You can Learn the secret of easing your Stress with Yoga. Available in PDF Format. Automatic download with confirmed Paypal Payment. Areas of focus in this eBook Chapter 1: What Is Yoga? Chapter 2: History Of Yoga Chapter 3: Why Do Yoga? Chapter 4: Who Should Do Yoga? Chapter 5: The Aims Of Yoga Chapter 6: Types Of Yoga Bhakti Yoga Hatha Yoga Jnana Yoga Karma Yoga Kundalini Yoga Mantra Yoga Purna Yoga Raja Yoga Chapter 7: Eight Limbs Of Yoga Asanas Dharana Dhyana Niyama Pranayama Pratyahara Samadhi Yama Chapter 8: Paths Of Yoga Chapter 9: Benefits Of Yoga Introduction Anti-Ageing Benefits Of Yoga Balance & Yoga Flexibility & Yoga Yoga & Personal Values Yoga & Love Yoga & Mental Health Yoga & Social Values Yoga For Beauty Yoga Healing Yoga & Sex Yoga & Knowledge Yoga For Weight Reduction Chapter 10: Guidelines & Conclusion..... _____ Instant Download after

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