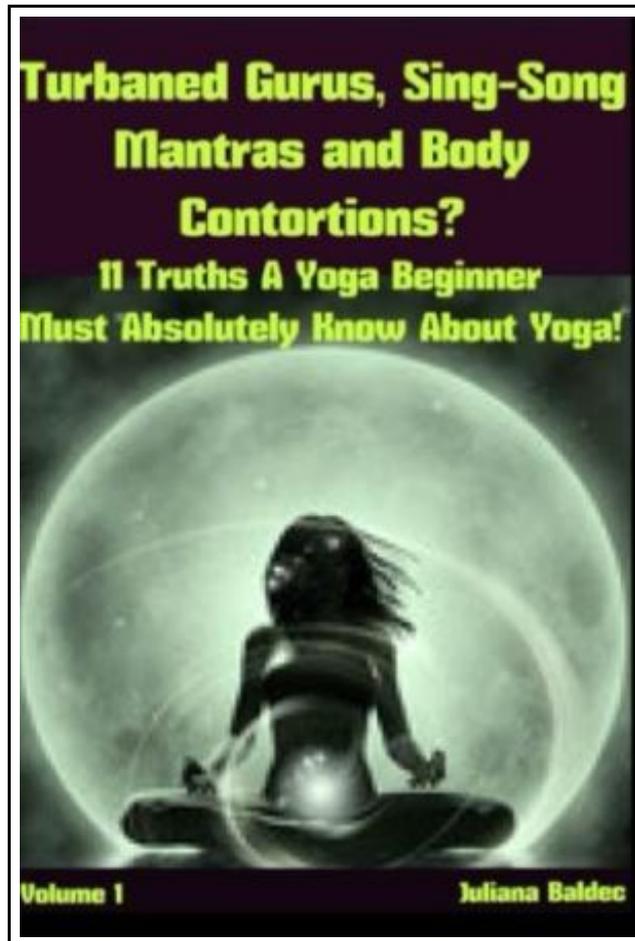


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(Mrs. Josiane Collins)

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CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 88 pages. Dimensions: 9.0in. x 6.0in. x 0.2in. **Turnbaned Gurus, Sing-Song Mantras and Body Contortions Beginning Yoga Truths 11 Other Truths You Must Absolutely Know About As A Beginning Yoga Student** reveals the latest insights and truths into the mind-body consciousness of Yoga and answers the most critical and burning questions a beginning yoga student is asking before getting started with Yoga. It is a book that is well timed. It explores all the aspects of Yoga that an individual that is interested in starting Yoga would want to know about. The book takes the reader via 11 short and snappy lessons through the different aspects of Yoga step by step starting with the fascinating origins of Yoga and how we as Yoga users are touched by this and the last lesson ends with Stress Management from the Hindu Perspective. The process of Yoga is still a mystery to many in the Western World as they simply had no care to learn about it due to religious reasons or otherwise. As things become more integrated however, more and more individuals are becoming exposed and fascinated by Yoga and are curious to learn where it all started and how it can be beneficial to them. Juliana makes every effort to make the information as inspirational, usable, interactive, mentally stimulating and actionable as possible to keep the reader engaged and motivated in the process. The book gives the novice just enough information to enable them to make an informed decision as to whether or not they will opt to practice yoga or not. There is even a chapter that shows the link between meditation and yoga and how the two work together to get the body and the...

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