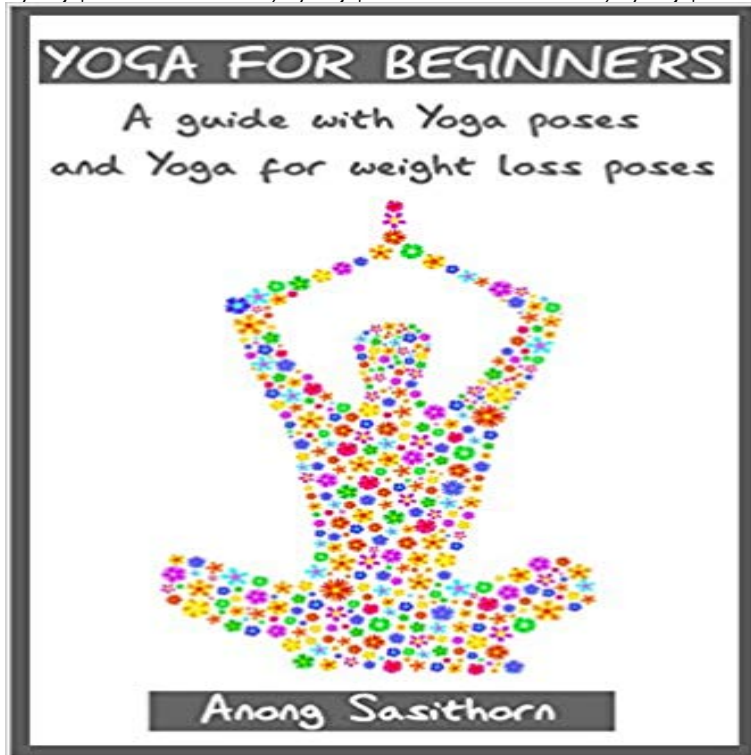


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A beginners guide with Yoga poses for beginners and the added benefit of Yoga poses aimed at weight loss. I have combined the ultimate Yoga guide for beginners with another one of the best advantages of Yoga: Yoga for weight loss. First we will walk through the amazing yoga poses for beginners to help you get started in the wonderful world of Yoga. Once you think youre ready you can move on to the more advanced section where you will find the Yoga for weight loss poses. In the book I will guide you step by step through each pose and each pose comes with photos so you know exactly how to perform the pose. Are you ready to start with yoga and all its benefits? Then get this wonderful book today and let me welcome you to the wonderful world of Yoga. Tags: (yoga, yoga for weight loss, yoga guide, yoga poses, yoga sutras, yoga for kids, yoga for seniors, yoga book)

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