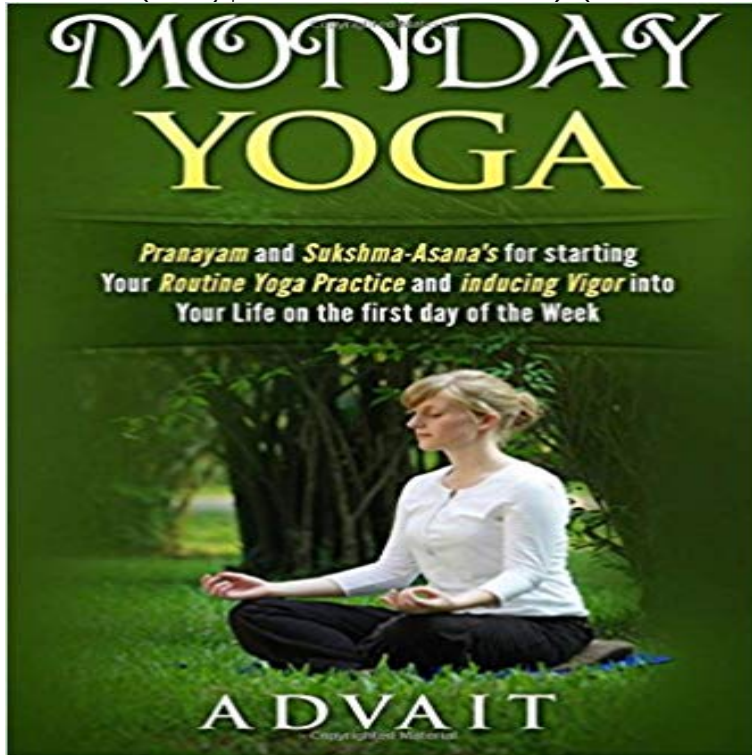


Monday Yoga: Pranayam and Sukshma-Asanas for starting Your Routine Yoga Practice and Inducing Vigor into Your Life on the first day of the Week (Yoga Routine Series) (Volume 2)



Your Guide to a Disease-Free Life through Routine Yoga Practice. Monday Yoga is a fluff-free guide, to understanding Pranayam and Suksma-Asanas and starting your week with a new-found vigor and vitality. The word Yoga literally means to unite ourselves with our higher self - an entirely meta-physical objective which can be achieved through a Discipline of Physical exercises (Asanas) coupled with Meditation exercises (Dhyana) and Breathing exercises (Pranayam). When we perform those exercises we get in shape and achieve good health. Yoga is the destination and the path to it is through a disciplined practice of physical exercises, meditation and breathing exercises. Yoga is a very powerful method of boosting your immunity & strength, becoming more flexible, supple and strong internally. Pranayam is considered of paramount importance in Yoga. The word Pranayam is made of two basic Sanskrit words- Pran = Life or Life Energy Ayam = to Extend and Regulate. Thus Pranayam means an exercise which is to be performed if you want to extend your life. Pranayam is the fuel of life Millions of people have observed radical positive changes in there health, happiness and overall well being by accepting Yoga as a way of life. Now its your turn and this book is here to help you with the same. Discover:: Monday Yoga This book details a variety of Pranayam (breathing exercises) and Sukshma Asanas (micro exercises) that will induce vigor and vitality into your life. Some of the Basic Pranayam that youll discover inside this book are: # Bhastrika Pranayam/ Pranayam of Bellow # Bahya Pranayam / Exterior Pranayam # Suryabhedan Pranayam / Pranayam of Sun # Udgith Pranayam / Pranayam of Resounding Aum Everlasting Health is Achievable!! Just accept Yoga into your life with an open heart. Would You Like To Know More? Download this book now and start living a

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