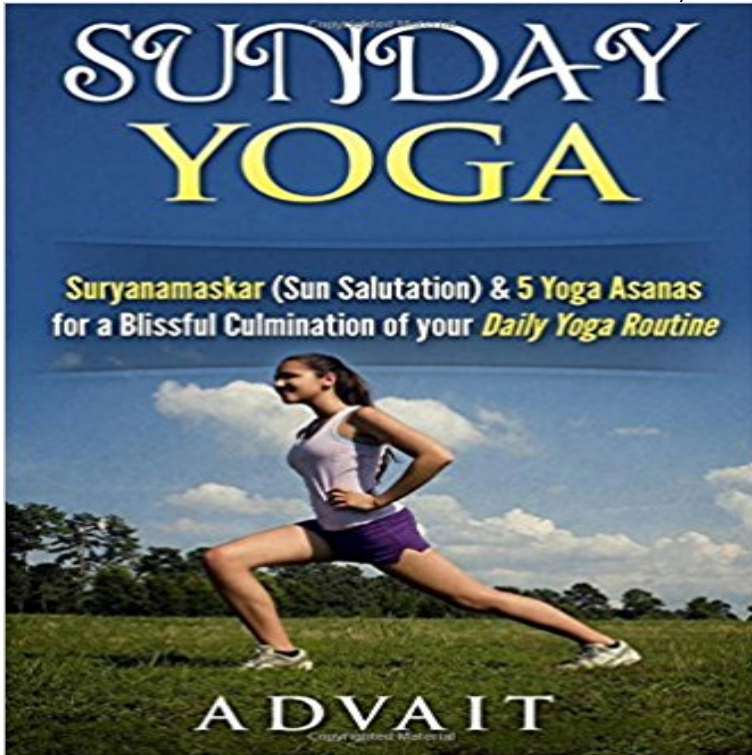


## Sunday Yoga: Suryanamaskar (Sun Salutation) & 5 Yoga Asanas for a Blissful Culmination of Your Daily Yoga Routine (Volume 7)



Your Guide to a Disease-Free Life through Routine Yoga Practice. Sunday Yoga is a fluff-free guide, to understanding and Practicing Surya-Namaskar and Yoga Asanas as a part of your daily Yoga routine. 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. It is a very powerful method of boosting your immunity & strength, becoming more flexible, supple and strong internally. 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:: Sunday Yoga This book details a variety of Yoga Asanas and Steps for performing Surya-Namaskar (Sun Salutation) that are to be performed on Sunday as a part of your daily Yoga routine. Some of the Yoga Asanas that youll discover inside this book are: # Makarasan / Asana of Crocodile # Siddhasan / Asana of The Enlightened Being # Shavasan / Asana of Corpse Everlasting Health is Achievable!! Just accept Yoga into your life with an open heart. Would You Like To Know More? Get this book now to start your journey towards a disease-free life from today. Scroll to the top of the page and select the buy button.

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