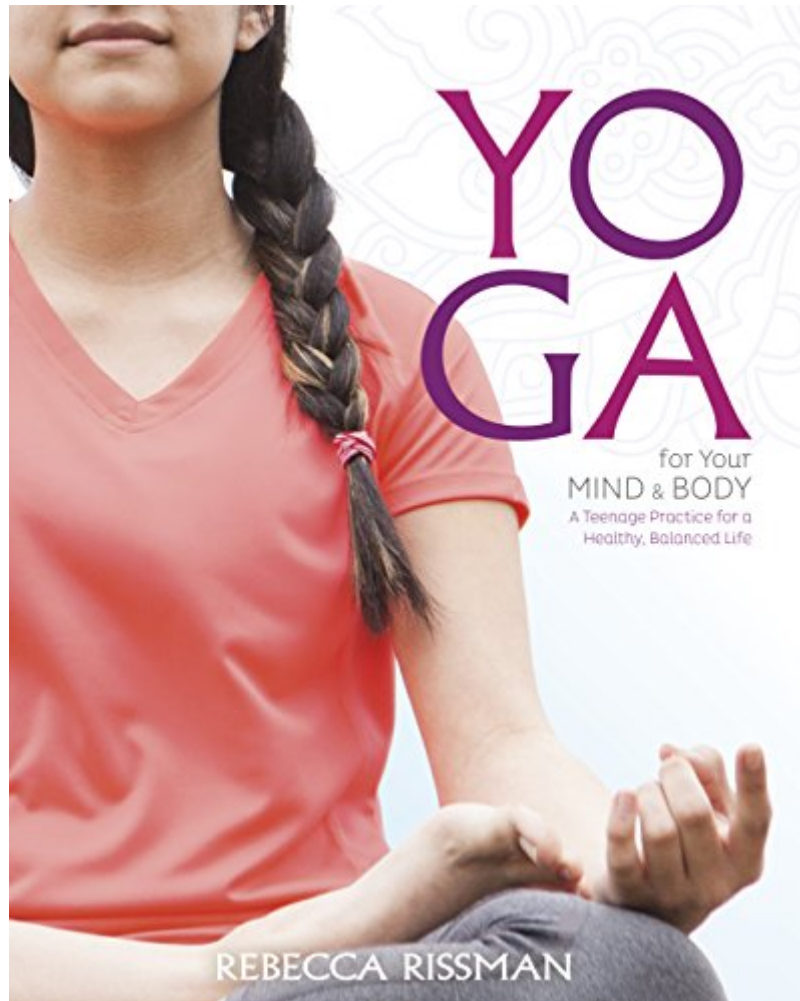




Ebook Directory
the best source of ebook

The book was found

Yoga For Your Mind And Body



Synopsis

Release your inner guru and unleash yoga's healing power. Relieve stress. Focus your mind. Build strength. Clear step-by-step instructions and photos guide you through more than 80 specific yoga poses. Study the perfect yoga poses and unlock the key to a healthy, fit, and calmer you!

Book Information

File Size: 146908 KB

Print Length: 209 pages

Page Numbers Source ISBN: 1630790133

Publisher: Switch Press (April 1, 2015)

Publication Date: April 1, 2015

Sold by: Digital Services LLC

Language: English

ASIN: B00OY8P6J4

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #899,277 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #25

in Kindle Store > Kindle eBooks > Children's eBooks > Growing Up & Facts of Life > Health > Fitness #32 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Exercise & Fitness > For Children #40 in Books > Teens > Personal Health > Fitness & Exercise

Customer Reviews

As promised

Yoga for Mind and Body is the perfect reference for today's tweens and teens. With color pictures utilizing real young people doing each pose, this will be a valuable resource for both individuals and libraries. We all know that more exercise is needed by everyone and yoga is a low cost, low-impact option with the added benefit of stress relief. The tips for taking it easy and not getting hurt are invaluable. I will be buying a copy for my school library as soon as it comes out.

I started this book with the intention of actually doing some of the poses and try yoga. Well, it turns out that I didn't do any of those poses, but I checked all of them out. Some of them seemed easy to do and some of them looked very advanced. If I had a paperback I would have marked some pages and tried to do the poses when I wanted to. The instructions are very clear and understandable which is not happening in some books of the same genre. My only problem was the lack of anything extra material when it comes to yoga, the equipment that is needed and some tips for what to do to get healthier while doing yoga.

Very clear instructions. I do section or two at a time. I work on all the poses. Some are very advanced but hopefully I will be able to do it soon. The fact that the book is written for teenagers makes it so much easier to follow this instructions. The pictures are very good too - full page picture of the pose, sometimes with the initial pose in a small frame. Doesn't matter how old you are you can do it.

Oh man, did my daughter need this. This book is an excellent first step in both relaxation and fitness for my pre-teen daughter.

[Download to continue reading...](#)

Yoga: 100 Key Yoga Poses and Postures Picture Book for Beginners and Advanced Yoga Practitioners: The Ultimate Guide For Total Mind and Body Fitness (Yoga ... Books) (Meditation and Yoga by Sam Siv 3) Yoga: 21 Essential Yoga Poses to Strengthen Your Body and Calm Your Mind (FREE Meditation Bonus!): (Meditation, Yoga Poses, Relaxation, Stress Relief, Yoga for beginners) Yoga: A Man's Guide: The 30 Most Powerful Yoga Poses to Sharpen Your Mind and Strengthen Your Body (Just 10 Minutes a Day!, Yoga Mastery Series) Easy YOGA GUIDE for beginners: Simple 46 Hatha Yoga Poses for Body and Mind (Yoga for Beginners Book 1) Yoga: The Yoga Beginner's Bible: Top 63 Illustrated Poses for Weight Loss, Stress Relief and Inner Peace (yoga for beginners, yoga books, meditation, mindfulness, ... self help, fitness books Book 1) BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) Master Your Mind: Achieve Greatness by Powering Your Subconscious Mind [mental power, mind control, thought control] (brain power, subconscious mind power, NLP, Neuro Linguistic Programming) How to Sneak More Yoga Into Your Life: A Doable Yoga Plan for Busy People (Yoga for Busy People) Yoga Diet: How to Energize Your Yoga Practice and Nourish Your Body for Optimal Health and Happiness Body, Mind, and Sport: The Mind-Body Guide to Lifelong Health, Fitness, and Your Personal Best Yoga:

The Top 100 Best Yoga Poses: Relieve Stress, Increase Flexibility, and Gain Strength (Yoga Postures Poses Exercises Techniques and Guide For Healing Stretching Strengthening and Stress Relief) Yoga Mama, Yoga Baby: Ayurveda and Yoga for a Healthy Pregnancy and Birth Your Body, Yourself: A Guide to Your Changing Body (Your Body, Your Self Book) Yoga con cuentos: Como enseñar yoga a los niños mediante el uso de cuentos (Cuentos Para Aprender Yoga) (Spanish Edition) Ultimate Hip Opening Yoga Guide: Exercises for Tight Hips & Hip Pain: 4-Week Yoga Guide w/ Videos (Beginner Yoga Guides Book 1) Shadow Yoga, Chaya Yoga: The Principles of Hatha Yoga Glimpses of Raja Yoga: An Introduction to Patanjali's Yoga Sutras (Yoga Wisdom Classics) Yoga Sastra: The Yoga Sutras of Patanjali Examined; With a Notice of Swami Vivekananda's Yoga Philosophy (Classic Reprint) Yoga for Pain Relief: Simple Practices to Calm Your Mind and Heal Your Chronic Pain (The New Harbinger Whole-Body Healing Series) Body Thrive: Uplevel Your Body and Your Life with 10 Habits from Ayurveda and Yoga

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)