



# Yoga for Beginners: A Definitive Yoga Guide to Losing Weight and Relieving Stress

*Joe Morrell*

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## **Yoga for Beginners: A Definitive Yoga Guide to Losing Weight and Relieving Stress** Joe Morrell

Yoga disciplines the mind and the body through exercise and meditation. This book will take will teach you the basics of yoga and get you doing the basic exercises. There are loads of reasons you should take up yoga, here are the noticeable ones:

- Anyone can practice yoga. It is not just for the young, thin and flexible. It does not call for any requirement to begin with.
- It is a total body workout. A practitioner eventually gains flexibility and strength.
- Yoga creates a feeling of wellness. Develops a positive attitude.
- It increases your energy levels and self-acceptance.
- It helps you to master your mind.
- Yoga helps to clean your body.
- It will improve your posture.
- It is an excellent weight losing practice.
- It enhances concentration and sharpens the mind.
- It helps in better breathing techniques.
- Yoga helps in preventing diseases like diabetics, asthma, depression and even cancer. It enhances your immunity.
- It reduces anxiety and stress. It is a great stress buster.
- Yoga is the only form of activity which massages all the internal organs thoroughly. Yoga acts in a wholesome manner on the various parts of the body.
- It helps you to sleep better, stay awake and energetic during the day.

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