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Yoga Anatomy: A Quick Start Guide To Practicing Simple Yoga Poses & Yoga Exercises For New Students - 5 In 1 Box Set: 5 In 1 Box Set: Yoga & Meditation Techniques Compilation

Juliana Baldec

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Juliana Baldec

Yoga Anatomy: A Quick Start Guide To Practicing Simple Yoga Poses & Yoga Exercises For New Students - 5 In 1 Box Set: 5 In 1 Box Set: Yoga & Meditation Techniques Compilation Juliana Baldec Red Hot New "Yoga Anatomy: A Quick Start Guide To Practicing Simple Yoga Poses & Yoga Exercises For New Students - 5 In 1 Box Set" Release!!!

Gain more time out of your day and your life and discover the intriguing new way of practicing Yoga and meditation for more happiness, insight, healthy and productivity that even works for you if you only have 5 minutes per day and are a very busy person.

Inside this amazing and exciting new book compilation of 5 books you will be discovering how to empower and enrich your body and mind and become a more productive and more successful YOU!

Book 1: 15 Amazing Yoga Ways To A Blissful & Clean Body & Mind
Book 2. 11 Simple Yoga Poses for Beginners You Wish You Knew
Book 3: Daily Yoga Ritual
Book 4: Turbaned Gurus, Sing-Song Matras & Body Contortions - Volume 3
Book 5: Zen Is Like YOU!

You will love discovering some new aspects of Yoga & Meditation and the connection of Meditation & Yoga that you might not have considered yet. If you love Yoga and/or Meditation you will love this compilation to broaden and deepen your Yoga and Meditation perspective.

Forget the old concept because there is no need to waist your time and every reason to do Yoga and Meditation the new and 5 minute quick way so that you will gain more time out of your day and your life!

Learn the new way of Yoga and meditation today if your dream is escaping a boring lifestyle, empowering yourself, or just living more for yourself with less stress and 100% happiness, this book compilation will give you some amazing insights into the wonderful world of Yoga and Meditation and how both connect.

Inside this Yoga & Meditation lifestyle compilation you'll discover:

* 5 Minute Per Day Yoga Routine
* The Yoga-Meditation Connection
* The Basic Yoga Sutras For Beginners
* Yoga Poses For Busy People
* The Body Mind Connection
* Awesome Yoga Ways For Beginners
* Meditation Techniques For Happiness, Health & Inner Wealth

much more...

So why aren't you already living the Yoga/Meditation Lifestyle?

Imagine if there was a guide that showed you the secret insights and knowledge that the Yoga and Meditation gurus have been using to achieve anything in life. This knowledge and insight shows you how to achieve what you want, how to get from where you are now to your true purpose, joy and happiness?

This compilation shows you to live the most enriching, empowering, fulfilling, and exciting life you could ever dream of.

Be ready for an incredible revelation that will be life-transforming for everyone who experiences it.

In this compilation, you'll learn how to use Yoga & Meditation in every aspect of your life. Especially busy people will be amazed how the 5 Minute Yoga trick will be a very empowering experience.

If you follow the Yoga Meditation lifestyle, achieving goals and success in life like money, health, relationships, happiness, and in every interaction you have in the world will become reality.

You will also begin to understand the hidden, untapped powers that are burried within you.

The revelations that you will find inside this compilation will help you tap into your mind's and your body's powers to achieve every aspect of your life, your true potential, possibilities and happiness.

This compilation contains specific instructions and methods for Yoga & Meditation poses and techniques, but it also contains inspirational wisdom from insiders who have used their secret knowledge to achieve health, wealth & happiness beyond the normal standard.

By applying the knowledge that you will learn inside, you will become healthier, happier, and your life will become more purposeful and rich.

You'll change your view towards overcoming obstacles, and you'll be able to achieve and accomplish more goals in life that others would find impossible.

Your life will be empowered in every imaginable aspect by this life-changing knowledge...

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