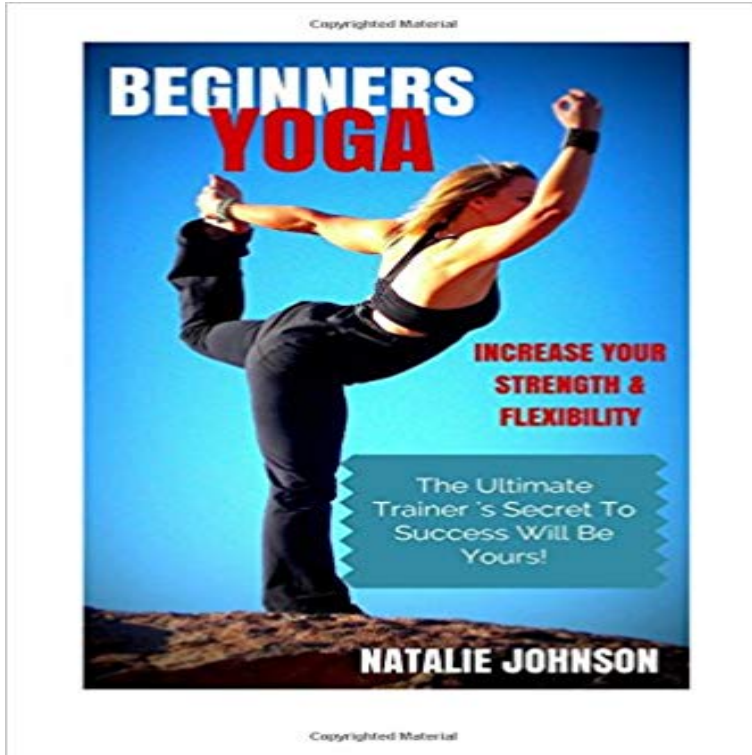


Beginners Yoga: Increase Your Strength and Flexibility: The Ultimate Trainers Secret to Success Will Be Yours!



This will be your guide towards improving your strength and flexibility through the ancient exercise known as Yoga. Chances are you have already heard the term used before, especially if you go to the gym because most gyms have yoga classes held in their facility. But for those who have never tried yoga before, it can look kind of odd. The common perception that laypeople have about yoga is that you have to bend your body in all sorts of weird positions and get uncomfortable. This is not the case for beginners. But as you progress, you will find those weird positions and postures to actually be very comfortable and relaxing to your body. But for someone who is out of shape, it may look too scary to try at first. Don't worry though because you are going to learn that there are all sorts of yoga techniques suitable for people of all shapes and sizes. Yoga is more of a mental discipline than anything else. Sure we see it as a physical exercise where people are twisting and turning their bodies in unusual positions. However, these people are able to get into these flexible positions because their mind and body are now disciplined to do them. When you first try yoga, it will be hard to bend because your mind is telling your body to stop. So you will likely find it difficult and will get confused as to whether or not you are doing it right. Don't worry because nobody masters yoga on their first try. Just like nobody masters meditation, running or even lifting weights on their first try either. It takes months and years of practice before you can really advance in yoga. However, yoga itself is a never ending practice that you will keep working on for the rest of your life. The book will first define what yoga is exactly and then go over the various types of yoga. There are physical and spiritual forms of yoga, which cater to both your mental and physical well being. Once you learn about them and the benefits they will have in

your life, then you can learn about how to actually perform the postures and movements of yoga. Just remember to take it slow and not overdue it, especially if you are out of shape and have never done yoga before. Depending on your health status, you could end up hurting yourself if you twist your body the wrong way. That is why beginners are better off going to a group environment, like a gym class, to perform yoga and learn it. Then after you get more experienced and know your body can handle it, you can practice the poses and movements in the comfort of your own home.

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