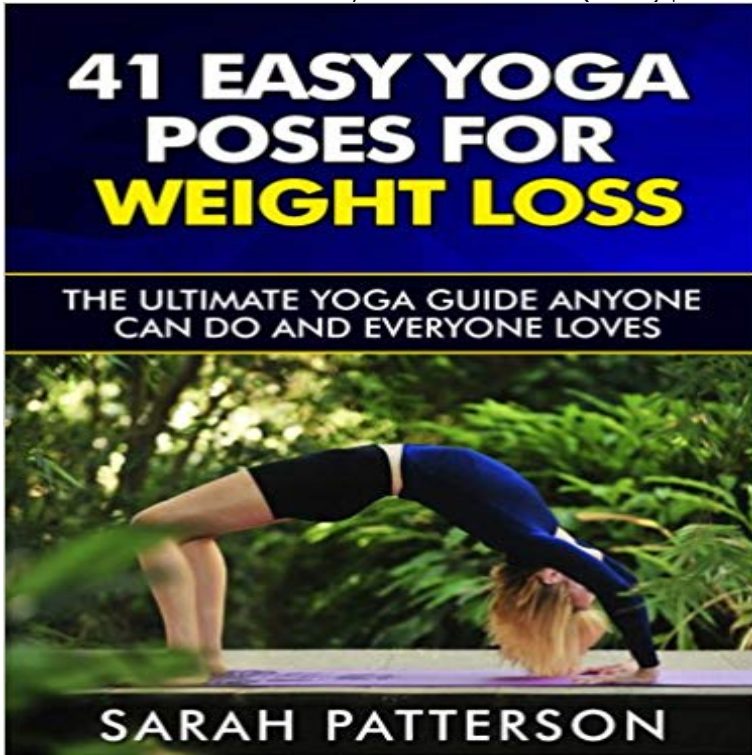


41 Easy Yoga Poses for Weight Loss: The Ultimate Yoga Guide Anyone Can Do and Everyone Loves (Yoga Guidebook)



Lose 5 Pounds In One Week With These Easy Yoga Poses I Believe Anyone Can Lose Weight Fast With These Healthy and Simple Yoga Poses for Beginners You could be just a few relaxing yoga sessions away from your dream body. In this book you will learn: How To Lose Weight With Easy Yoga Exercises If you've tried diet after diet and exercise program after exercise program and still haven't lost weight, chances are you're missing the relaxation response from yoga that can lower your stress hormones and help you burn fat faster! Our body stores toxins and fat in response to stressful events. When we don't take time out to relax and exercise our parasympathetic nervous system, stress hormones like cortisol and others can overwhelm your body and create a horribly cycle of weight loss, stress and low energy. Let this book be your guide to a healthier you! About The Author Sarah Patterson studied at the Institute of Integrative Nutrition and has created a partner fitness program for healthy living and natural weight loss. Sarah is passionate about natural weight loss and living a healthy lifestyle.

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