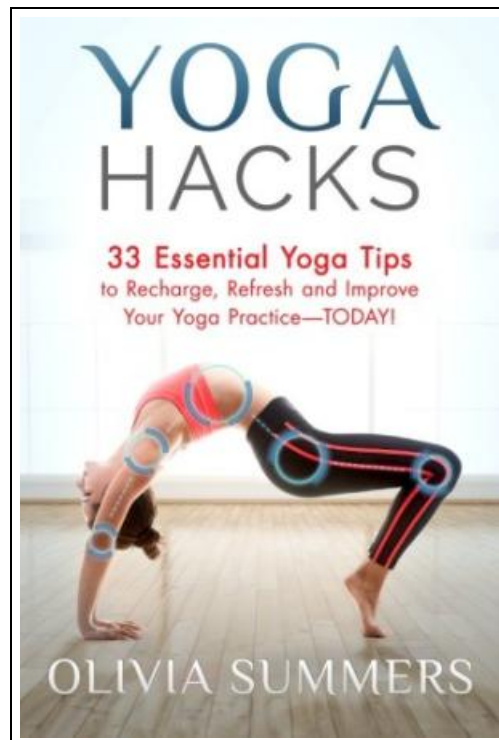


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Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Yoga Hacks Will Change Your Life And Help You Take Your Yoga Practice To A Whole New Level! Has your yoga practice been stuck in a rut? Do you feel like you keep doing the same routines and meditation techniques over and over expecting different results? Well, with Yoga Hacks-all that will change! In this book you ll find over 30 different hacks-or simple tips-to switch up your yoga game and revitalize your entire life. If you ve been practicing for awhile now, then you understand that things can start to feel a little dull and boring. But it doesn t have to be this way! Nor, should it. Regain Your Focus And Put New Meaning To Your Yoga Practice. Here s a preview of what s inside. Why creating a morning ritual will help your yoga practiceHow fasting can increase inner peace and clarityWhy you should lay on a bed of nails How to balance your chakrasHow you can do aerial yoga-at home!Why you need to get groundedTricks to take your own yoga picturesHow to get free yoga classesWhy Mudras should have a place in your practiceHow to create your own, personal mantraPlus, so much more!So If You Feel Uninspired And In A Rut-Then I Urge You To Grab Yoga Hacks Today. Not only will it help recharge your yoga practice, but your entire life will be revitalized for the better. I promise you don t want to miss out on these life-changing yoga hacks. ==> Scroll up and click add to cart to get your copy now! tags: yoga, yoga for beginners, stretching, yoga for weight loss, mudras, yoga books, yoga poses.

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