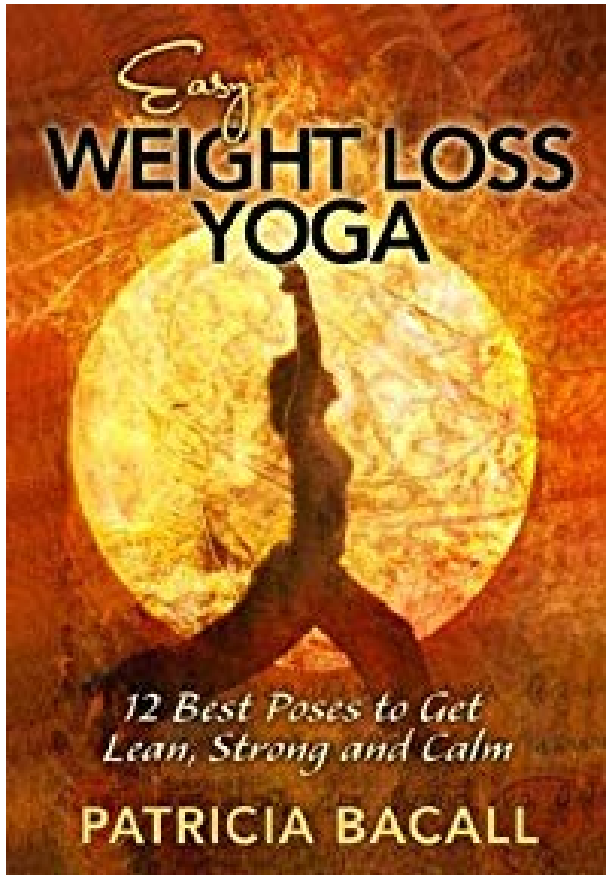


Easy Weight Loss Yoga: 12 Best Poses to Get Lean, Strong, and Calm



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The ancient practice of yoga can help you get swimsuit sexy by really ramping up your metabolism, adding muscle, eliminating toxins and unwanted fat. Learn the poses that will shed pounds while toning the the organs and glands that make you a lean, serene, fat-burning machine. You'll relax better, become focused, strong and energized.

Let's face it, no one likes to diet, and diets alone never work for lasting weight loss. Repeated dieting causes metabolic and psychological damage. You need to outsmart your metabolism to lose weight and keep it off. Find out the secrets of how to coax your body into using up its fat stores for energy, not saving them as extra flab on your hips. Includes motivational tips to keep you "on the mat," and how important proper breathing is to achieving the healthy, lithe, and sexy body you've always wanted. Get started now, be bikini-ready in a few short months. No yoga experience necessary, you can dive in at any level with these 12 easy poses. Illustrated. "It's reversing the aging process. I can do things with my body now that I wouldn't even have thought of doing when I was an athlete, a teenager. So that keeps me going.

This is something I want to keep doing." –Sting "Yoga is the best thing for your sex life! It keeps you limber in all kinds of ways. It teaches you to love your body and your partner's body. But more than anything, it

keeps your mind liquid, and nothing's sexier than that...I think yoga is a great way to force you outside of your mental and physical rigidity.” –Woody Harrelson