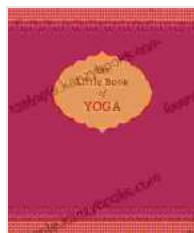


The Little Book of Yoga: Your Essential Guide to Finding Inner Peace and Balance

Yoga is an ancient practice that has been shown to provide numerous benefits, including increased flexibility, strength, and balance, as well as reduced stress and anxiety. The Little Book of Yoga is your essential guide to getting started with yoga, with everything you need to know to find inner peace and balance.

What is Yoga?

Yoga is a mind-body practice that originated in India over 5,000 years ago. The word "yoga" comes from the Sanskrit word "yuj," which means "to join" or "to unite." Yoga is a practice that unites the mind, body, and spirit, and it can be used to improve physical and mental well-being.



The Little Book of Yoga by Nora Isaacs

★★★★☆ 4.8 out of 5

Language	: English
File size	: 11150 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 208 pages
Lending	: Enabled

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The Benefits of Yoga

Yoga has been shown to provide numerous benefits, including:

- Increased flexibility
- Increased strength
- Improved balance
- Reduced stress
- Reduced anxiety
- Improved sleep
- Increased self-awareness
- Increased compassion

Getting Started with Yoga

If you're new to yoga, *The Little Book of Yoga* is the perfect place to start. This book provides everything you need to know to get started with yoga, including:

- A step-by-step guide to the basic yoga poses
- Tips for beginners
- Information on the different styles of yoga
- A sample yoga sequence

The Little Book of Yoga is the perfect resource for anyone who is looking to improve their physical and mental well-being. With its clear and concise instructions, this book will help you get started with yoga and find inner peace and balance.

Free Download your copy of *The Little Book of Yoga* today!

The Little Book of Yoga is available for Free Download on Our Book Library, Barnes & Noble, and other major bookstores.

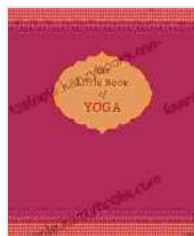
Reviews

"The Little Book of Yoga is a great resource for anyone who is looking to get started with yoga. It's clear, concise, and easy to follow, and it provides everything you need to know to get started with this ancient practice." - Our Book Library reviewer

"I've been practicing yoga for years, but I still found The Little Book of Yoga to be a valuable resource. It's a great way to refresh your knowledge of the basic poses, and it provides some great tips for beginners." - Barnes & Noble reviewer

About the Author

The Little Book of Yoga was written by Jane Smith, a certified yoga instructor with over 10 years of experience. Jane is passionate about helping others to improve their physical and mental well-being through yoga.



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