

VOLUME 1

BEGINNERS

YOGA GUIDE

—
ALL YOU NEED TO KNOW
TO START YOGA



BY KATYA

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edition will help you plan dynamic classes including engaging digital content build a loyal student base and become more financially stable optimize your own practice maintain a marketing plan and develop a unique brand teach yoga to facilitate ease and inspire creative action in a troubled world

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The Diabetes Breakthrough Osama Hamdy, Sheri R. Colberg, 2015-11-03 A Harvard Medical School diabetes specialist and a top exercise physiologist share a proven and effective 12 week plan to reverse the course of Type 2 diabetes lose weight and ditch the medication for good In this groundbreaking book diabetes and weight management expert Osama Hamdy M D Ph D reveals how you can reverse the course of your type 2 diabetes lose weight for good and finally reclaim your health in just 12 weeks This book will help you Cut your medications by 50 60% or even stop them altogether Learn how to safely lose and keep off those 10 20 or even 50 plus pounds that are holding you back from a healthy life Tailor your exercise plan to the way you really live and work so you can get results without being a slave to the gym and more With information on how to create checklists goal worksheets and including real life success stories The Diabetes Breakthrough will help keep you motivated in making smart decisions even on the busiest days

Yoga Journal Presents Restorative Yoga for Life Gail Boorstein Grossman, 2014-11-07 Restorative yoga poses for healing your mind and body Written by instructor Gail Boorstein Grossman E RYT 500 CYKT and published in partnership with Yoga Journal Restorative Yoga for Life teaches you how to practice restorative yoga a form of yoga that focuses on physical and mental relaxation through poses aided by props It's a gentle yet empowering style that helps you de stress and re energize While restorative yoga is beneficial for your entire body Gail also shows you how to treat more than twenty ailments such as headaches digestive issues and anxiety through specific yoga poses and sequences Guided by step by step instructions and beautiful photographs you will gently ease your way into inner calm and better health with powerful yoga sequences Whether you're having trouble sleeping

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