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THE SALT BARRE

AUGUST 9TH 2024

6-7 PM



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History B The Goal C Physiology Schools of Yoga What Fits You Best A Buddhism B Hinduism C Jainism D Modern School of Wellness Benefits of Yoga Importance of Incorporating the Chakras The Seven Chakras in Detail 1 The Crown Chakra 2 The Third Eye Chakra 3 The Throat Chakra 4 The Heart Chakra 5 The Solar Chakra 6 The Sacral Chakra 7 The Root Chakra Yoga Equipment for Beginners Enhance Yoga with the Right Foods Yoga Poses for Beginners Part 1 Yoga Poses for Beginners Part 2 Yoga Let s Get Started Tips For Success Finding the Right Yoga Instructor Start today and learn the benefits of yoga You are one click away from starting a new and positive journey to a better you Click the BUY NOW copy and get yours today Become a Yogi Today Tag yoga chakras health and fitness yoga yoga for beginners hot yoga bikram bikram yoga pranayama yoga pants Namaste yoga clothes yoga classes vinyasa hatha yoga yoga shorts yoga for weight loss yoga mat core power yoga power flow yoga flow yoga kundalini yoga clothes types of yoga yoga for women yoga for kids beginners yoga yoga workout yoga practice yogi stress management stress relief tone muscles lose weight with yoga yoga pranayama yoga blocks yoga mats yoga towel yoga weight loss what is yoga history of yoga back pain relief yoga for back pain *Yoga For Beginners* Ntathu Allen,2017-10-16 Say goodbye to the old tired unhappy you Say HELLO to the new supple energetic relaxed you by making yoga a way of life Frustration and stress come from spending your entire day meeting other people s demands but never taking care of yourself Now you re about to learn how to start taking amazing care of your own physical and emotional needs in as little as five minutes per day You ll learn easy restorative yoga poses to strengthen your body and powerful meditation techniques to remove stress for work and home Just imagine creating your own custom 5 minute yoga routine that allows you to instantly relax clear your mind and energize your body without needing a yoga mat or instructor to show you what to do In this book you will discover Easy and fun yoga poses designed to increase your energy and revitalize your body A series of breathing exercises guaranteed to restore your calm and focus allowing you to make better and faster decisions without stress or frustration Soothing guided meditations that will support you in obtaining emotional and physical relief from the stresses of daily life Therapeutic revitalizing yoga practices like the 3 Minute Workstation Yoga and Leap Out of Bed Yoga that is a quick routine that you can easily do to help you be more energized and help you ease the neck pain and stiff shoulders Plus you ll learn 5 Great Ways to get a Good Night s Sleep without drugs or alcohol using scientifically validated techniques that come from the ancient tradition of yoga *Simple Yoga Workouts For Home & Everyday Strength Training - 4 In 1* Juliana Baldec,2014-08-06 Red Hot New Simple Yoga Workouts For Home Everyday Strength Training Yoga Anatomy In 5 Minutes True Purpose Passion Happiness 4 In 1 Box Set 4 In 1 Box Set Compilation Gain more time out of your day and your life and discover the intriguing new way of practicing Yoga and meditation for more happiness insight healthy and productivity that even works for you if you only have 5 minutes per day and are a very busy person Inside this amazing and exciting new book compilation of 4 books you will be discovering how to empower and enrich your body and mind and become a more productive and more successful YOU Book 1 Daily Meditation Ritual Book 2 Daily Yoga Ritual Book 3

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