



Yoga For Weight Loss For Beginners: A Step-By-Step Picture Guide To 90 Slimming Yoga Poses

Nika Karan

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Finally, An Easy Way To Harness The Power Of Yoga And Get The Dream Body You Deserve.

Called by many 'The Yoga Bible For Weight Loss', this book is a must have for everyone who wants to lose weight permanently with the practice of yoga.

Inside, Nika Karan, a passionate yoga teacher and health coach, will guide you through the 90 most effective slimming yoga poses.

You'll also discover:

- 8 essential slimming yoga sequences that help with slimming legs, toning arms, melting away belly fat, shaping buttocks, detoxing and cleansing the body.
- Beautiful pictures for mastering 90 of yoga's most potent slimming postures
- Step-by-step instructions on how to assume each pose, along with their benefits and precautions
- And much, much more

This book comes with a FREE access to the video with Yoga's most effective fat burning sequence - an incredible exercise that will help you turn the body of your dreams into reality.

Buy "Yoga For Weight Loss For Beginners: A Step-By-Step Guide To 90 Slimming Yoga Poses" Today And Discover The Simple Yoga Poses That Allow Anyone To Ditch The Diets And Achieve A Permanently Slim And Healthy Body The Natural Way.

PRAISE FOR YOGA WITH NIKA

"I love Nika's passion for yoga. But what I like most about Nika's teachings is that you don't just lose weight—you also gain new healthy habits, enhanced confidence and discipline, and a whole lot more energy to do the things you love. Listen to Nika closely, she is the Slimming Yoga expert you've been looking for."

- Cynthia Kersey, author of Unstoppable & Unstoppable Women

"I didn't take up yoga until I was 46. As a person who has experienced back and neck problems since my 20s my flexibility was really poor. I always thought the yoga was just an easy exercise option which would give me limited results...boy was I wrong. After a year of private sessions with Nika my body is stronger, leaner and my flexibility is getting better. I have lost 10kg and love what Nika has done for my body. My only regret is that I didn't take it up sooner.

- Amanda Foden (UK)

“I loved it from the first minute. It changed my body, my attitude, my stamina, my posture, my flexibility - the list is long. But the biggest and most valuable effect is, that it keeps me centered and poised off the mat, too. It gives me an inner balance and flexibility that cannot be bought for money.”

- Grete Rappe Anai (Japan)

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Alicia Hendrickson:

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