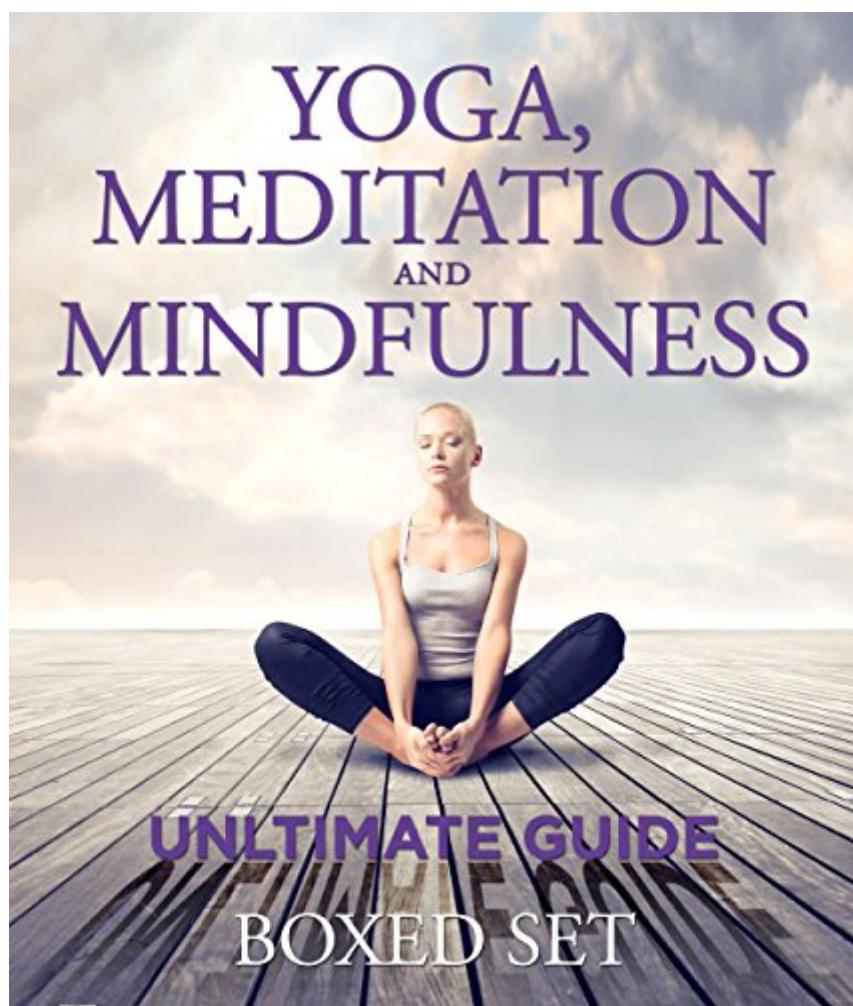


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# **Yoga, Meditation And Mindfulness Ultimate Guide: 3 Books In 1 Boxed Set - Perfect For Beginners With Yoga Poses**



## **Synopsis**

Many people live very stressful lives that are overwhelming busy. Taking some time for yourself can have some great benefits. Yoga and meditation are ways that a person can take a moment and simply relax to decrease the daily stress that everyone experiences. Yoga and meditation can both be done from home, and you only need a few moments to get some great benefits. There are some great sources to help you easily learn meditation and yoga for stress relief in your life.

## **Book Information**

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## **Customer Reviews**

It is obvious beyond any doubt that the authors of this eBook-set love and live the subjects they write about. The first part about Mindfulness is the shorter of the three and is clear, focused, and gives you a very good understanding of what Mindfulness is about with specific instructions on how to incorporate it to your own life. The Yoga books take up the larger part of this Trio and is a serious, enjoyable and passionate record of Yoga on its many variations. But it's much more than that. It is a joyful reading experience because there are many words of wisdom, numerous insights into what's

behind the practice, and provides both specific routines and inspiration to keep you engaged and motivated with the practice. Very well done!!! Finally the 3rd part about Meditation is another marvelous work by someone who is very immersed in the practice and delivers a wonderful walk through of many Meditation practices and styles available and more about the subject. I should disclose that these topics have always interested me and when I was offered to read this for free for my honest review I immediately took up the offer and absolutely enjoyed reading these through in one sitting. The eBook is available for free anyway at the time of this review.

This is a wonderful book for beginning yoga "students" or just those who want to learn about being emotionally healthier. It opens with a good discussion on the idea of mindfulness, the purpose of it, the ways to achieve it, and tips regarding it. I am very much a beginner in the world of being mindful. I have a long way to go before I am good at it, but I found these chapters to be a good start, with some good reminders of some of the things I have already read about mindfulness. One of my favorite tips was "Don't force your breathing. Rather, breathe calmly and naturally. If every breath you make is long or short, so be it." For me (and for many other "struggling students" of mindfulness, it is easy to get overly worried about whether or not we are breathing correctly. This was a good reminder to just let it go. Breathe but pay attention. The next section of the book talks a bit about the origins of yoga, what it is, some facts about yoga, and the benefits of practicing it, broken into three major categories: the physical benefits, the psychological benefits, and the religious benefits. Later on in this section, the author introduces some of the most common types of yoga, including Iyengar, ashtanga, bikram, viniyoga, raja, bhakti, and mantra, giving short summaries of each and tips for choosing the right type of yoga for yourself. Within this section, there is great discussion on yoga postures too. Next the author ventures into a focus on the topic of meditation. After a brief description of what is meditation, the readers embark upon the ABCs of meditation, with a page for each letter of the alphabet. For example, we hear "Meditation is like M because meditation with mantras is quite fun. Even if it is just for one hour, meditation with mantras can really bring you into that mental upswing..." Concluding this section are some words about the idea of "Zen." Overall, I found the book to be very interesting and thought-provoking. I will need to go back and read it more in-depth again soon. Some of the sections are so chock-full of details that it was a bit overwhelming for a beginner. Still though, it was a very helpful and educational text.

Disclaimer: I received my electronic version of the Yoga, Meditation, and Mindfulness Boxed Set at a discounted price for my honest review of it.

I need to get into yoga more. Why? I have bad joint pain. As a man in my twenties, I have the body of someone at least double my age. I cannot stand putting more chemicals in my body than I have to. A few years ago, I was introduced to the concept of mindfulness and was encouraged to explore incorporating it into my own life. About a year ago, I added meditation to my routine. The combination of these two things alone, even if it is five minutes a day, or just a few seconds here and there, have changed my life in a positive way. Studies have shown these three things are very effective and improve the quality of life in more ways than one. I have also found there is almost no wrong way to meditate or be mindful. All of these can be done with no equipment, almost anywhere, and can be done from any skill level, or age group. What this book provides is a guide. It is a well written starting point to assist someone in trying to bring these three into your life. It is more targeted toward adults, but can easily be taught to children. It is well organized and easy to read for both the person just starting out, the person curious to see what they say, or the advanced skilled that is looking for something new.

A thorough, well rounded, comprehensive trilogy, that provides easy to understand, easy to relate and a great foundation for beginners or those looking to expand their knowledge of Yoga, mediation and mindfulness. The books progress well and coherently, and the content is well written, relate-able and relevant, regardless of you position or where you are in your journey. As a newbie this book wet my mouth essentially, creating a desire to learn more before actually jumping head first into yoga.... it provides a good starting point but its missing the push to just do it and immerse yourself. Each book can be read independently but is even better when used together. The three star rating is for: The missing pictures - I am more of a visual learner And the grammatical/spelling errors - there were quite a bit and some are very obvious! I received this product complementary in exchange for my honest & unbiased opinion. All words expressed here are 100% my own and free stuff doesn't buy my love and affection. I hope you find this review helpful.

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