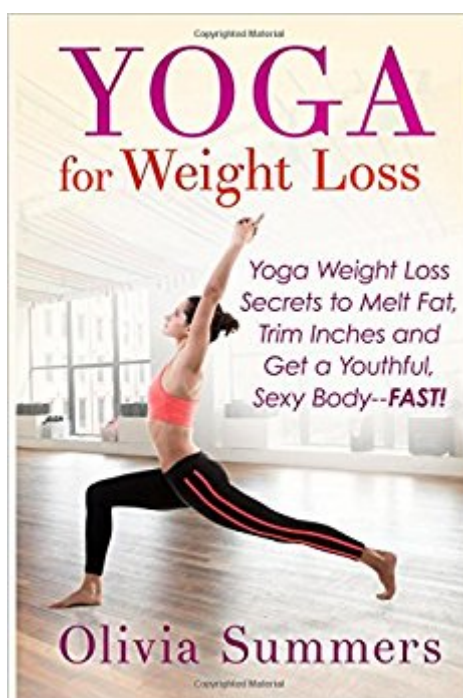


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# Yoga For Weight Loss: Yoga Weight Loss Secrets To Melt Fat, Trim Inches And Get A Youthful Sexy Body--FAST!



## Synopsis

"Yoga For Weight Loss" Is All You Need To Completely Transform Your Body In Just 90 Days! If sweating it out at the gym for hours on end just isn't your thing (don't worry, it's not mine, either) then you're going to love my book on yoga for weight loss. My name is Olivia Summers and I'm a Certified Yoga Teacher and I'm here to tell you that you don't have to have a gym membership to get the body you've always dreamed of. You might be thinking to yourself, "Why should I listen to her?" Well, I didn't always have a naturally slim and sexy body. In fact, I used to be more than 50 pounds overweight! So believe me when I say I know where you're coming from. Losing weight is hard. There's No Need To Complicate Losing Weight With Stressful Diets And Complicated Workout Routines... All you need to get a youthful sexy body is within the pages of this book. By utilizing the power of yoga you will be able to transform your entire mind and body and have more than you ever dreamed was possible. "Yoga for Weight Loss" will teach you everything you need to know in order to drop the weight, trim inches and feel younger! Here's A Sneak Peek At What You'll Learn... How exactly yoga promotes weight loss 15 Poses to burn fat and trim inches (pictures included) A guide to the traditional Yogic Diet The exact type of diet that is best for your body Why you don't have to be vegan or vegetarian to be a yogi The average number of calories you can burn from an intense yoga session Mindful meditation to beat food cravings How to set & be successful with your weight loss goals The best form of yoga to lose the most weight Why stress is making you fat – and what you can do about it Plus, so much more! So if you're ready to connect your mind and body through yoga and look and feel the best you ever have, then "Yoga for Weight Loss" is the answer you've been looking for! Are You Ready To Get Started? ==> Scroll up and click the buy button to get your copy now. tags: yoga, yoga for weight loss, yoga for beginners, yoga books, yoga poses, stretching, bodyweight exercises

## Book Information

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## Customer Reviews

Olivia Summers is a certified yoga instructor with more than 15 years under her belt and a self-described "art aficionado." She considers yoga her life calling and enjoys teaching her craft one-on-one in her home studio. It's one of the most fulfilling and rewarding parts of her life and she feels fortunate that she gets to share her passion with all of her students and readers. She's experienced first hand the profound growth yoga brings to its practitioners--not just physically but also mentally and spiritually. Especially when combined with the tranquil art of Zendoodle--her favorite form of drawing. She enjoys seeing the improvements in people's lives through yoga and meditative art forms. Improvements such as being more mindful, having more energy and living happier, more authentic lives. It's experiencing these amazing life changes that keeps her motivated to continue teaching and writing on the topics of yoga, Zendoodle, and mind-body health. Her true purpose in life is to give others the same opportunities to experience amazing life changes that she has had through practicing yoga and living a healthier lifestyle. Olivia's hope is that her words help inspire others to be the best versions of themselves. She currently resides in the foothills of the Smokeys. When she isn't writing or teaching yoga she enjoys hiking, drawing and experimenting in the kitchen.

I have heard lots about yoga from friends and family over the years but have never had the enthusiasm to get started. But after reading this new book by Olivia Summers I understand why yoga is so important - both for the body in general, and for weight loss. I got great benefit from this book and do recommend it. Jake

This book is very easy to read and is also very educational. I really liked that this book shows different yoga poses with pictures and it does a really good job explaining how to execute each yoga pose and how that pose is beneficial to your body. Overall Olivia Summers does an excellent job in organizing the information and presenting in an easy way to understand. I highly recommend this book if you do not know much about yoga.

This book is packed full of great information on yoga for weight loss, with descriptions on the

different types of yoga, which styles of yoga are best for weight loss, yoga poses and descriptions with nice photos and so much more. Olivia is a great teacher and has extensive knowledge on the subject matter. Highly recommended

Another great book by this author. This one covers a much wider swath of information than just yoga. While covering which forms of yoga are best for weight loss, this book also delves into different types of diets to assist you with your weight loss along with implementing mindfulness into your eating habit. By being mindful of what and how you're eating, according to the author, you'll tend to eat less. As a byproduct, you'll also eat healthier because you're actually paying attention to what you're eating, how it tastes, and how your body responds to it. Most people eat too fast, causing them to ingest food faster than the body can measure, meaning that by the time the body determines that you've eaten enough food to be full, you've actually had time to swallow significantly more than needed. Definitely another book to add to the digital bookshelf

This book demonstrates how yoga plays a vital role in your weight loss goals. It will walk you through Yoga history, most popular forms of yoga and the best types to lose weight, each pose is very well explained, with clear instructions on how to properly execute it and a picture for visual representation of each pose. This book also highlights the importance of incorporating proper diet to complement to your yoga routine. It points out that regardless of the type of diet you are doing, you need to listen to your body and be mindful of your eating habits. Great book, packed with brilliant information.

Absolutely interesting and helpful book! Such a complete package which includes diet and yoga exercises. The picture of different positions is also great whenever I try the suggestions on this book. It helps me see if my position is right. Another collection added and stuff to share with my friends!

Short book showing and describing different yoga poses. Includes some discussion about yoga in general and what body areas are targeted by each pose. I liked the pictures. I find it helps to see the pose before trying it.

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Yoga For Weight Loss: Yoga Weight Loss Secrets to Melt Fat, Trim Inches and Get a Youthful Sexy

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