



Meditation Box Set: 43+ Yoga Poses or Slimmer Body, Stress Relief and Better Sleeping. Balance Your Chakra's Energies and Get Familiar With the Meridian ... for beginners, Yoga for dummies, Chakras)

Lydia Mckenzie, Laura Lee, Kim Green

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BOOK #1: Yoga For Beginners: Release Body Tension With 24 Yoga Exercises and Relaxation Techniques to Practice at Home

As many of us know on a regular basis, the stress of life and everything that goes on can take its toll on our bodies. As of late, however, many people are discovering the many benefits that yoga can have in the improvement of their overall quality of life. In this book, you will see the many advantages that this can have and how there are a number of exercises that can improve the quality of life and reduce the stress and tension that a person will generally feel on many days.

BOOK #2: Chakras For Beginners: Beginners Guide for Chakra Healing Discipline. Learn 7 Chakras and Open up Yourself to Healthier and Happier Life

If you want to lead a fulfilling, healthy and happy life, then “Chakras For Beginners: Beginners Guide for Chakra Healing Discipline. Learn 7 Chakras and Open up Yourself to Healthier and Happier Life” will help you achieve your aim.

Guiding you through one chakra at a time, this book can help you to understand what chakras are, how they work, and how you can make a real change to your life as a whole.

BOOK #3: Yoga For Beginners: 18 Yoga Poses and Stretches to Help You Sleep Better

Do you have trouble falling asleep at night? No matter what the underlying cause, insomnia can result in very real health problems including obesity, heart trouble, restlessness, fatigue, and even death! Fortunately,

there is a very easy-to-learn, ancient technique that you can learn in the comfort of your own home and that requires no expensive equipment, and that technique can not only help you to get better sleep, but to change your whole life for the better!

BOOK #4: Chakras For Beginners: Balance Your Chakra's Energies to Radiate and Strengthen Your Inner Aura

Learn how to balance your Chakra's Energies!

This book can help you:

- Understand and Balance Your Energy
- Learn About The Fight or Flight Syndrome
- Gain a Better Understanding of Your Chakras and How They Influence Your Life
- Learn How to Balance Your Chakras With Crystals
- Learn About Aura Colors
- Use an Aura Healing Visualization
- Identify Chakra Blockages

BOOK #5: Yoga For Beginners: 25 Easy Yoga Poses for Slimmer Body, Stress Relief and Inner Happiness

Do you want to start practising yoga? Learn 25 Yoga Poses!

This book is a must have for anyone looking for a basic introduction to the practice of yoga. Yoga was first developed in India thousands of years ago and it has become increasingly popular all around the world.

BOOK #6: Total Chi Fitness: Get Familiar With the Meridian Stretching Exercises for Ultimate Fitness, Performance and Health

Total chi fitness has a lot of benefits in ensuring that it unblocks your meridians.

In this book you will get:

- Best ways to practice the exercises while ensuring that you are safe from harming yourself.
- Different poses to be practiced, to enhance free energy in your body
- Step by step procedure to follow in performing the various poses
- Benefits of practicing total chi fitness and the impact it will have on your health
- Procedures that you can use to achieve different poses in performing total chi fitness
- The number of times you should be doing the exercises to ensure that you maintain your performance and help to revitalize your muscles
- Ailments that your body will be relieved off by practicing the poses

Getting Your FREE Bonus

Download this book, and find "**BONUS: Your FREE Gift**" chapter right after the introduction or after the conclusion.

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Chris Bynum:

In this 21st one hundred year, people become competitive in most way. By being competitive currently, people have do something to make them survives, being in the middle of the crowded place and notice by means of surrounding. One thing that occasionally many people have underestimated the item for a while is reading. Sure, by reading a guide your ability to survive enhance then having chance to stand up than other is high. In your case who want to start reading some sort of book, we give you this specific Meditation Box Set: 43+ Yoga Poses or Slimmer Body, Stress Relief and Better Sleeping. Balance Your Chakra's Energies and Get Familiar With the Meridian ... for beginners, Yoga for dummies, Chakras) book as nice and daily reading e-book. Why, because this book is usually more than just a book.

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David Musick:

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book has a lot of information on it. The information that you will get depend on what forms of book that you have read. If you want to get information about your research, you can read education books, but if you act like you want to entertain yourself you are able to a fiction books, this kind of us novel, comics, along with soon. The Meditation Box Set: 43+ Yoga Poses or Slimmer Body, Stress Relief and Better Sleeping. Balance Your Chakra's Energies and Get Familiar With the Meridian ... for beginners, Yoga for dummies, Chakras) will give you new experience in reading a book.

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