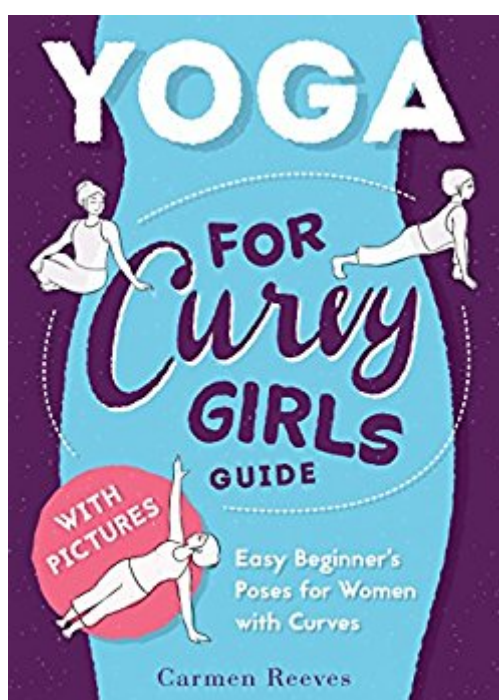


The book was found

Yoga: For Curvy Girls Guide - Easy Beginner's Poses For Women With Curves (Yoga For Stress Relief, Anxiety, Sleep & Weight Loss)



Synopsis

I know what youâ€™re thinking. Youâ€™re thinking that yoga and a wonderfully curvy figure just donâ€™t go together. Youâ€™re just not flexible enough, your curves would get right in the way and that your body just wouldnâ€™t obey you. Youâ€™d wobble like an ugly duckling and finish up feeling embarrassed and very silly. At least thatâ€™s what you think. But did you know that over the last few years, a revolution has been gathering place in the yoga studios and living rooms of the world? A powerful revolution fronted by women just like you and I who also want to enjoy the massive health and happiness benefits of starting a yoga practice, but because of their body shape have felt too ashamed to even give it a go. A revolution that Iâ€™m lucky enough to be part of. Over the past few years, I have helped empower curvier women to start a yoga practice no matter what their challenges, or how scared they might feel, and now Iâ€™m here to do exactly the same for you. Iâ€™ve witnessed the amazing transformative effects of yoga in all of my fellow yoga enthusiasts; Iâ€™ve watched wallflowers blossom into strong, confident and beautiful women, Iâ€™ve seen that inner glow light faces from within, Iâ€™ve seen chronic health conditions heal and stubborn pounds drop off. And I canâ€™t wait for these amazing benefits to happen to you. You see; you donâ€™t have to have supermodel looks or be as bendy as a pretzel to welcome yoga into your life - you only need the desire to learn and a body to practice within. Provided you follow the easy-to-understand instructions in this book, you CAN become the very best version of yourself, and feel amazing too! Hereâ€™s some of what Iâ€™ll be sharing with you:â€¢ The fascinating facts about yogaâ€¢ An easy guide to the styles, philosophy and underlying principles of yogaâ€¢ The top secret ways to get the most from your yoga practiceâ€¢ What to do when boobs get in the way (and many other useful curvy girl tips)â€¢ Why itâ€™s so important to get that breathing rightâ€¢ The truth about yoga as a fitness workout PLUS a fully illustrated guide to yoga postures (asanas) and flow sequences, including:â€¢ Beginnerâ€™s Guide to Sun Salutationsâ€¢ Yoga for Winter Blues & Depressionâ€¢ Yoga for Better Sleepâ€¢ Yoga for Weight Lossâ€¢ Yoga for Period Pain And my ultra-popular and useful â€ˆ5-Minute Fix Yogaâ€™ for those who really need to give their bodies some TLC. So what are you waiting for? Grab this book today to join me on this amazing journey towards better health and happiness.

Book Information

File Size: 2860 KB

Print Length: 104 pages

Page Numbers Source ISBN: 1523798823

Simultaneous Device Usage: Unlimited

Publisher: Carma Books (January 25, 2016)

Publication Date: January 25, 2016

Sold by:Â Digital Services LLC

Language: English

ASIN: B01B3OI77O

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

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Customer Reviews

A book that is very encouraging for those of us with extra weight who may be reluctant to start yoga. Easy to read and understand step-by-step instructions for each pose as well as clear diagrams of poses. The book provides the origins and background of yoga and explains its benefits in chapters that are grouped into poses specially tailored to relieve: anxiety and depression, sleep deprivation and period pain, and promote weight loss. Carmen Reeves offers both personal insight into and advice for starting the journey of yoga practice and encourages women to pursue classes in a non-judgemental environment after reading this book. Excellent resource for not only curvy women but women of all shapes and sizes. Must read.

As a curvy girl I love this book. It's helped me get into shape better. since seriously braking my foot last year I'm not able to jog much anymore and this has definitely helped me gain more strength and movement in my foot along with helping my sciatica and all around well being. I'm very happy I bought this and recommend it to my sister who also really likes this book.

What a great book. I have a much better understanding of Yoga and the principles and different types that are out there. The instructions for each pose were so easy to follow and I loved the pictures that were included as well. Plus - there were some bonus materials included at the end that were a pleasant surprise!

As a yoga teacher I teach not only group classes, but also private yoga clients and this book helped me understand how I can help ALL bodies enjoy and practice yoga.

Loved the extensive section on the benefits of yoga - I knew it was good but had no idea there so many. This is the perfect beginners yoga book, with actual curvy girl graphics demonstrating each pose and super easy to follow instructions. The chapter on yoga for winter blues and depression was just what I needed!

Perfect for beginners to learn some of the fundamentals and benefits of yoga. Describes the basic poses and benefits of each. Thank you Carmen :)

I love it. This is my introduction to yoga and I am so glad I got this.

Great book! Lets you know how to adjust a pose when your body gets in the way!

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