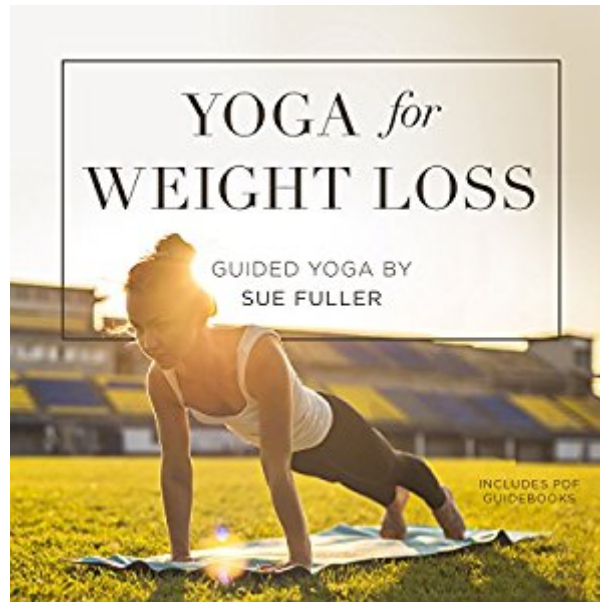




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Yoga For Weight Loss



Synopsis

Practicing yoga regularly can shape and tone the body, reduce excess body fat, and help us to develop a deep connection with ourselves. Over time and with regular yoga practice, lifestyle choices begin to change, and any cravings for high-calorie snacks begin to diminish. These classes are suitable for those with previous yoga experience. Sue Fuller's two in one Yoga for Weight Loss consists of two practical and effective yoga classes that will help you lose weight, improve muscle tone and body shape, and resist the temptation to snack. "More Two in One Yoga for Weight Loss" contains stronger, more advanced yoga postures than the first class in the series. These sessions allow exposure to a broader range of highly effective postures that will help you live a healthier lifestyle. "Detox Yoga" is a 60-minute class featuring 22 postures and breathing techniques that will help remove toxins from the body. The class is suitable for those with previous yoga experience, and encourages a healthier body and a clearer mind. Please do not listen to this audio while driving.

Book Information

Audible Audio Edition

Listening Length: 2 hours and 52 minutes

Program Type: Audiobook

Version: Original recording

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Audible.com Release Date: November 1, 2016

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