



# **Yoga For Beginners: Your Complete Guide To Detox Your Body And Calm Your Mind (Yoga For Beginners Guide Books Book 1)**

*Ntathu Allen*

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**Yoga For Beginners Your Complete Yoga Guide To Detox Your Body And Calm Your Mind**

**KEEP CALM ... AND DETOX GENTLY! (Surprise Gift! The Beginner's Guide To The Liver Flush included)**

**IMPROVE YOUR HEALTH, BOOST YOUR ENERGY AND GENTLY CLEANSE YOUR BODY FROM THE INSIDE OUT**

**Feeling tired, sluggish and drained? Maybe it's time for a gentle inner cleanse...to give your body the rest and care it deserves.**

Your Complete Yoga Guide To Detox Your Body And Calm Your Mind offers you a simple guide to the benefits of eating well and caring for your body from a yogic perspective.

Most people know the difference between healthy food and unhealthy food.

Everyone knows the benefits of taking regular exercise, eating healthy foods and the pitfalls of snacking on highly processed foods.

However, the pace of daily life, the constant juggle of work responsibilities and family commitments often leaves you feeling too tired to exercise, zapped and eating fast and often unhealthy food.

So, this book "Yoga For Beginners Your Complete Yoga Guide To Detox Your Body And Calm Your Mind, gives you the chance to take stock, to look at simple ways you can gently care for, detox and cleanse your body, in a calm and mindful way.

Yoga For Beginners, Your Complete Yoga Guide To Detox Your Body And Calm Your Mind, leads you through the steps you need to know to prepare for a detox, the key mistakes to avoid, tips on what foods,

herbs, and vegetables you can eat which cleanse and strength your body from the inside-out.

In addition, I have included seven easy yoga detox exercises which help support you through the detox process by improving your metabolism and naturally helping you feel good about yourself.

## **So What Can We Do About Feeling Bloating & Sluggish?**

Over time, your unhealthy eating habits wears your body down and leads to you feeling bloated, lifeless, and running on empty.

Taking time to go on a detox, relax and stretch your body - even if just for one day; gives your body, especially your digestive organs a chance to rest, recuperate and re-energise. Which means you regain your sense of vitality, ease and energy. You get what everyone wants, a happy, healthy body!

Getting started on a detox is easy when you understand the yoga philosophy of “weight loss” isn’t about counting calories and restricting foods.

A yoga diet is about taking care of what foods you eat on a daily basis, eating mindfully and practicing gentle yoga stretches.

### **Discover the energetic qualities of foods and what foods are best to quickly cleanse your body**

These foods are rich in immune boosting vitamins, antioxidants, vitamins and taste good!

**Discover how the Yoga Detox Diet can boost your way back to enjoyable living by following the 3 Yoga Detox Tips** included in this book to eliminate comfort eating and eating-on-the-go.

The goal of yoga is to achieve inner and outer balance.

The foods you eat and the way you care for your body can help you achieve this.

As you read this book, take your time to explore your relationship with food, to note how different foods make you feel and choose foods which leave you feeling cleansed, nourished and vibrant from the inside out.

### **Here’s A Sneak Peak Of What You’ll Discover Within the Pages of This Guide:**

Discover which fruits and vegetables are nutritional powerhouses that boost your energy and calm your mind

Scroll Up to Grab Your Copy And FEEL CALM, HEALTHY And, HAPPY Now!

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