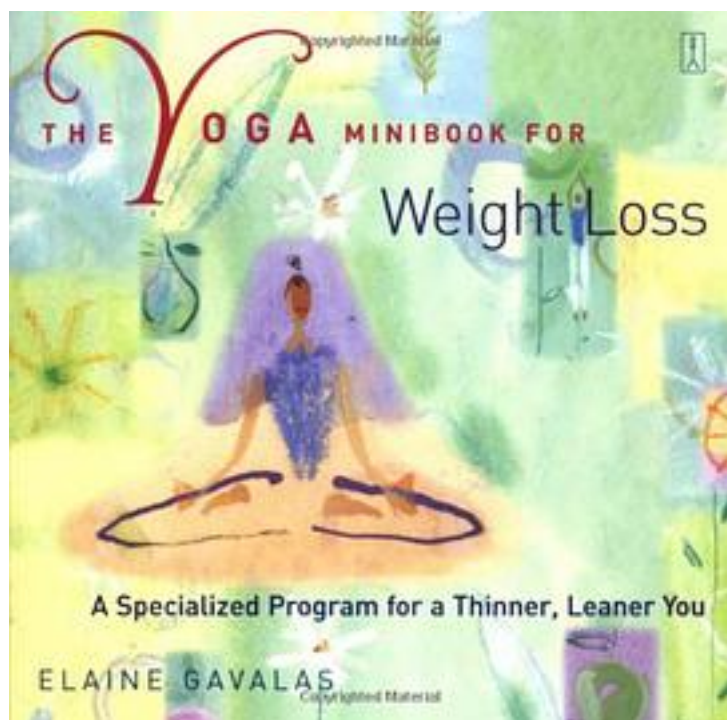


Yoga Minibook for Weight Loss



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The first in a series of four instructional yoga books, this concise, fully illustrated guide shows readers how to drop pounds, add muscle and boost metabolism. According to a recent report, about a million Americans take up the practice of yoga annually. Whether they are teens, baby-boomers or beyond, many are drawn to yoga by a particular health benefit. For readers of THE YOGA MINI BOOK FOR WEIGHT LOSS, that benefit is an exercise system that melts off pounds and firms and tones muscles. In six short chapters full of illustrations, readers learn poses to increase cardiovascular fitness, burn calories and strengthen and tone specific body parts, with the final chapter dedicated to choosing a healthy diet.

作者介绍:

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