



**Yoga Chakras Bundle Box Set! - Yoga: Yoga For  
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- Chakras: How To Balance Chakras, Activate  
Healing, ... Yoga For Beginners, Tai Chi,  
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*Mia Conrad*

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The ancient practice of yoga aims to unify the mind, body and spirit. It also has numerous benefits. People who want to lose weight and improve their strength and flexibility will find yoga beneficial. Practicing yoga for a few minutes daily is also a great way to release any stress and tension from your body.

There are also other practices that can be paired with yoga such as meditation, mindfulness and Tai chi. These meditative practices can help you improve your intuitive ability and enable you to live your life fully without focusing too much on your problems.

Remember that yoga is a process that cannot be perfected overnight. Do not be discouraged if you do not succeed the first time and try again.

## **Here Is A Preview Of What You'll Learn...**

- Yoga For Beginners
- Yoga Weight Loss For Beginners
- Yoga Poses For Weight Loss
- Yoga Poses For Stress Relief
- Tips In Finding Inner Peace
- Meditation And Yoga
- Mindfulness Tips
- Yoga And Spirituality
- What Are Chakras?
- Yoga And Tai Chi
- Much, Much More!

**BOOK 2: This "Chakras" compendium is a product of the growing curiosity and public interest about Chakra. It is everywhere – in pop culture, in the movies, and in daily conversations. But what exactly is it? It is the highest hope of the author to somewhat clarify the concepts behind the cool stuff being presented in movies, novels, and anime series.**

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There are five interesting chapters included in this book. It will be your best and the most practical way to be well-versed with the Chakras. The discussion will involve definition, citing of important situations and examples, and the different classifications of chakras that you should know of. Towards the end, you will be introduced with the concept of mantras.

Hopefully, you will enjoy this introductory discussion. After reading this book, you will be better prepared for higher level of discussions. Additionally, you will find out that after knowing more about chakras, you will be better prepared in using the concepts in actual situations.

Good luck and have fun learning more about Chakras!

## **Here Is A Preview Of What You'll Learn...**

- Chakras For Beginners
- How To Balance Chakras
- Activate Chakra Healing
- Strengthen Aura
- Radiate Energy For Healing
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- Meditation For Beginners
- Mantras
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