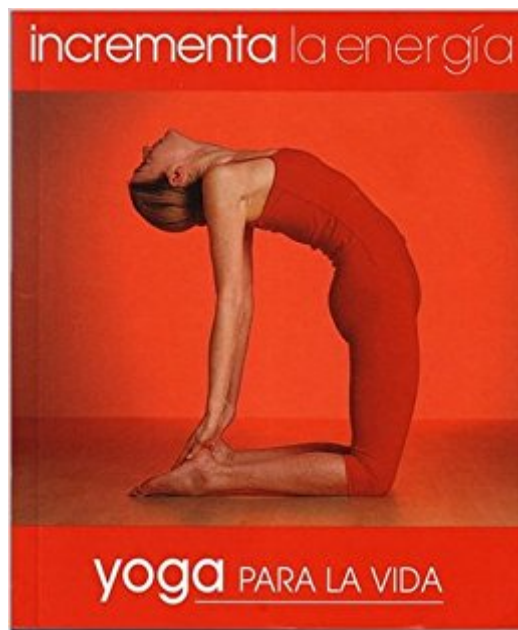




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Incrementa La Energía: Yoga Para La Vida (Yoga For Living: Boost Energy) (Spanish Edition)



Synopsis

Human beings are a complex system of energy. Independently from any personal belief, we have all perceived the relationship between the well-being and the flow of the energy. When this flow gets blocked is when we start feeling exhaustion, a lack of concentration, anger, anguish, and depression. Yoga activates and maintains the flow of vital energy that enables us to regain the much needed happiness and balance to face life without complications.

Book Information

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Customer Reviews

I bought this for my grandmother who stays active and enjoys doing yoga. She was thrilled to get this book and has kept up with it ever day. She states that following the positions is simple and explained very well. I highly recommend this book!

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