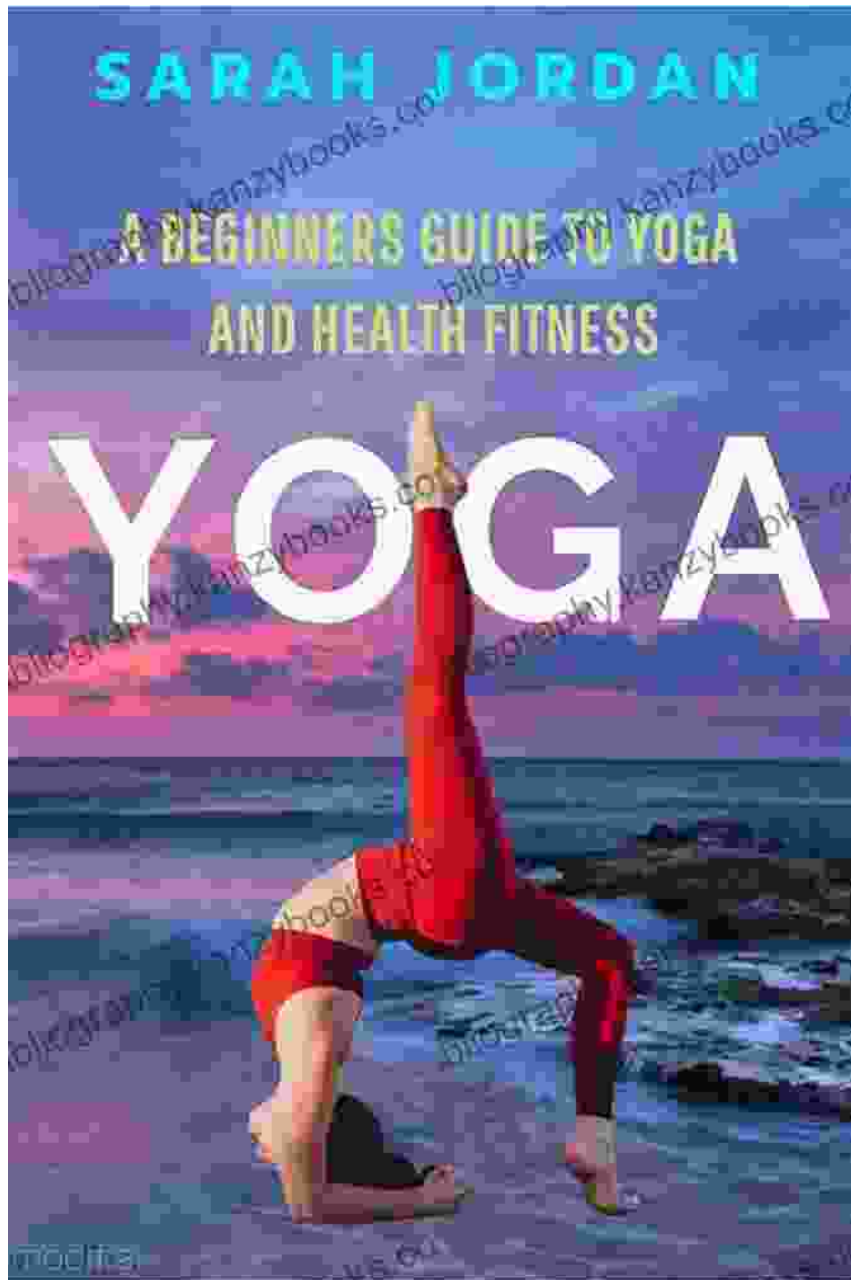
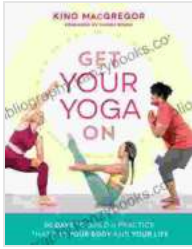


# Get Your Yoga On: The Ultimate Guide to Yoga for Beginners and Beyond

By [Author Name]



**Get Your Yoga On: 30 Days to Build a Practice That Fits Your Body and Your Life** by Kino MacGregor



★ ★ ★ ★ ☆	4.6 out of 5
Language	: English
File size	: 81778 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 168 pages



Yoga is an ancient practice that has been shown to have numerous benefits for both the mind and body. It can help to improve flexibility, strength, balance, and coordination. Yoga can also help to reduce stress, anxiety, and depression. And, because it is a low-impact exercise, it is suitable for people of all ages and fitness levels.

If you're new to yoga, or if you're looking to deepen your practice, Get Your Yoga On is the perfect book for you. This comprehensive guide covers everything you need to know about yoga, from the basics to advanced poses. Whether you're just starting out or looking to take your practice to the next level, Get Your Yoga On has something for everyone.

In this book, you'll learn:

- The basics of yoga, including the different types of yoga, the benefits of yoga, and how to get started.
- Step-by-step instructions for over 50 yoga poses, from beginner to advanced.
- Tips for creating a home yoga practice.

- How to use yoga to improve your overall health and well-being.

With *Get Your Yoga On*, you'll have everything you need to get started with yoga or to deepen your practice. So what are you waiting for? *Get Your Yoga On* today!

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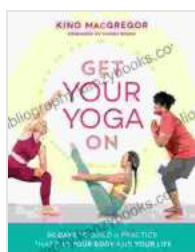
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## About the Author

[Author Name] is a certified yoga instructor and the author of several books on yoga. She has been practicing yoga for over 20 years and has taught yoga to people of all ages and fitness levels. [Author Name] is passionate about helping others to experience the benefits of yoga and to live healthier, happier lives.



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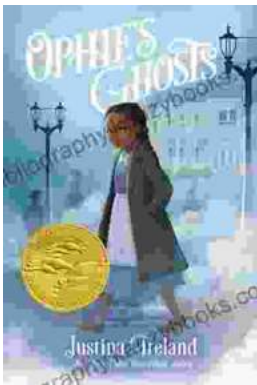
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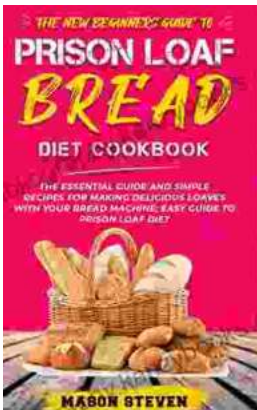
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