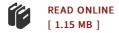




Yogalean: Poses and Recipes to Promote Weight Loss and Vitality-for Life!

By Beth Shaw

Random House USA Inc, United States, 2014. Paperback. Book Condition: New. 231 x 185 mm. Language: English . Brand New Book. From the founder of YogaFit, one of the world's leading mind-body education and yoga training organizations, comes a revolutionary approach to weight loss and wellness. Forget diets and guilt and judgments! Achieve your optimal weight by developing what internationally recognized yoga and fitness expert Beth Shaw calls Lean Consciousness . The ultimate path to weight loss, weight management, and whole-life wellness, Lean consciousness grows out of filling your mind with good intentions, fueling your body with good food, and then moving your body intentionally. Combining the latest nutrition and exercise science with yogic wisdom and principles, YogaLean offers an easy-to-follow and inspiring holistic lifestyle program.



Reviews

This pdf can be worth a read through, and a lot better than other. I really could comprehended everything using this written e book. I am just pleased to explain how this is actually the very best book i have read through in my individual lifestyle and can be he very best publication for actually. -- Jaclyn Price

Very helpful to all category of individuals. It is definitely simplified but surprises inside the 50 percent of your pdf. I am very happy to inform you that this is actually the very best pdf i have read in my very own lifestyle and may be he finest pdf for actually. -- Christelle Treutel