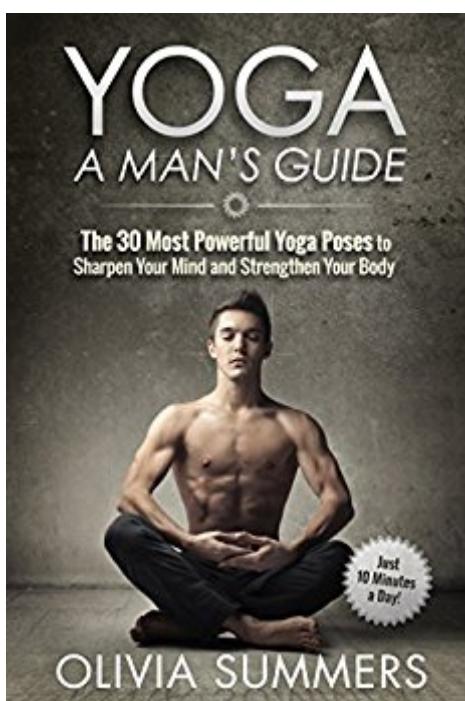


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Yoga: A Man's Guide: The 30 Most Powerful Yoga Poses To Sharpen Your Mind And Strengthen Your Body (Just 10 Minutes A Day!, Yoga Mastery Series)



Synopsis

Yoga For Men is Taking Over the Fitness World! Have you always believed that yoga was merely for hot girls in tight clothes? Well, sorry guys, but I'm here to shatter that belief! Despite what you might think, yoga was developed by men, for men. Yes, over 5,000 years ago the first yoga poses were created by men. So why not reinvent your manliness by taking up modern yoga as a total body workout? Regular yoga practice has the ability to empower your mind, strengthen your body and transform your life... As a Certified Yoga Teacher, I'm here to give you the tools you need to reshape your life through yoga in just 10 minutes a day! That's right... you'll be able to invest just a few minutes a day and in a matter of a month you'll have mastered 30 different yoga poses to give you a sexy body, more confidence and a focused mind. That's not enough? Well, Here's What You Can Expect... Learn why yoga is for men Understand the basics of yoga and why you don't need to be flexible How to take back your health with a few simple poses... in just 30 days Why you should always do a warm-up before you practice How to modify your yoga workout to fit your needs and injuries 30 Challenging Poses (with Pictures!) to take your exercise routine to the next level A Guide to developing your own personal yoga workout Why breathing techniques are so important--and how to use them to de-stress Full length core yoga workout to target your abs and get a 6-pack Why practicing yoga will make your sex life better How you can use yoga for recovery from injuries Plus so much more! So if you're ready to transform your mind and body and feel amazing (in and out of the bedroom), then Yoga For Men is the answer you've been looking for! ==> Scroll up and click the 'buy' button to get your copy now! tags: yoga, yoga for beginners, yoga poses, yoga for men, yoga for weight loss, bodyweight exercises, calisthenics, meditation, mindfulness, stretching, yoga books, rehabilitate

Book Information

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Customer Reviews

I recently bought this book, and while helpful I couldn't help but feel as if I was being talked to as a three year old. Of course I am going to get out of it what I want, however I wish the author would have spent an extra day proof-reading before printing. For what little assistance there is; it is mired in bad, or no editing, and I am speaking of things that change meaning... For example "The reason for this is because when you throw your body right into static stretching before your muscles have had a chance to catch up and get pliable, you actually reduce the effectiveness of more dynamic movements and REDUCE the risk of injury". I'm quite certain she meant increase the risk of injury which entirely changes the meaning. This is one of many, and while some may say you're being over harsh on your analysis, I feel that if I'm spending money to buy a book from you that you can have the respect for your audience to edit it. It's very distracting to read something you're trying to learn when it's poorly written.

Not bad, but the black and white photos are not too great. I'm not finding myself reaching for this as a reference very much. Its inexpensive though, so that's good.

Well,, i bouhgt this one because the great reviews, but it is not so amazing, its a book with poses that you can find on youtube, and it doesnot give great advices. Just say..do this , breath, repeat and so on. Reallydissapointed

Seriously? This book has some really basic postures and I'm not a fan. I thought maybe this can help me get my basics down but it's like not even yoga 101. I hated this purchase. It's not a good book by any means. It's the equivalent of getting a child's book on yoga with poses that aren't even

named correctly.

product was as described, arrived on time. Would buy again and from same vendor.

Pictures are ok. descriptions are not as clear as I would have liked.

Not quite what I expected from the cover. Still good information

Fun, yet the focus feels as if it pulls away from the roots of yoga. However, I hope this acts as a gateway for ANY MAN that thinks yoga is not worth his time. It totally is.

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