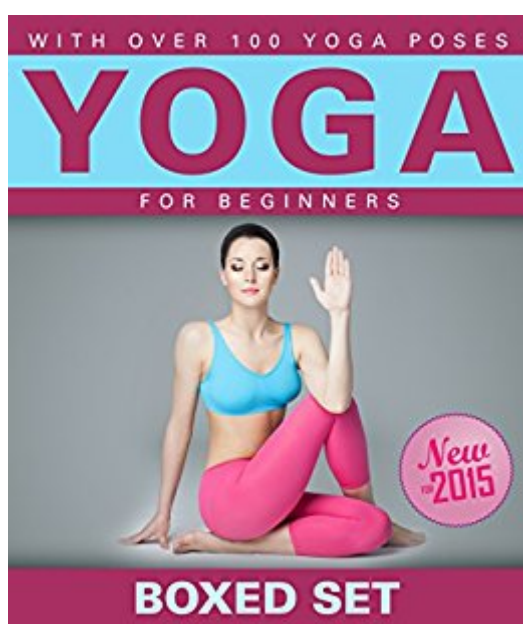


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# Yoga For Beginners With Over 100 Yoga Poses (Boxed Set): Helps With Weight Loss, Meditation, Mindfulness And Chakras



## Synopsis

Many people live very stressful lives that are overwhelming busy. Taking some time for yourself can have some great benefits. Yoga and meditation are ways that a person can take a moment and simply relax to decrease the daily stress that everyone experiences. Yoga and meditation can both be done from home, and you only need a few moments to get some great benefits. There are some great sources to help you easily learn meditation and yoga for stress relief in your life.

## Book Information

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## Customer Reviews

This is a great boxed set for those new to, or interested in starting yoga. I was given this set in exchange for an honest review. I found that I felt differently about the different authors featured in this set. The first author is great. I felt the book opened up with an accurate but concise history of yoga, and that the entirety of it's contents was very welcoming to newcomers and made me feel as though anyone can do yoga (anyone can!!). However I found a change of tone with the second author. She made me feel as though in order to do yoga properly you need to know how to act, what kind of mat to buy, and even eat a certain way. Yes, a healthy diet is a part of any healthy lifestyle,

but I found it felt a little restricting, and as though I should be vegan or something in order to be a 'proper' yogi. Needless to say, the second author wasn't my favorite. The third was like a breath of fresh air again. She really focused on the mindfulness of yoga and more of the mental and spiritual benefits - not just the physical. Overall, I think this boxed set is a very good representation of the yoga world, and I think it makes the practice seem much more accessible than it is sometimes thought of.

I'm always looking for ways to exercise that won't hurt me but will help my fibromyalgia. This boxed set of yoga for beginners was my answer. I like it because it gives you a brief history of how yoga started. It also tells you the basic principles, how to pick the best time and place and so. I like because it also tells you how to breathe, the right relaxation, the right meditation, and other techniques. It gives you tips on what to wear, how to select your mat and the diet for me. It also has pictures to demonstrate how each one is done. And that's just the starter guide. Then there's another set that goes with it. Book 1: Simple Yoga poses for beginners, shows all the different levels and different poses. Then there's Book 2: The Daily Yoga Ritual Lifestyle which includes: How to Meditate, what the goals of meditation is, a checklist for it, the different types of meditation techniques, and so on. Then there is Book3: Zen Is Like You, which is the Alphabet and how Zen is like the word for that letter. I think it's really good for people who want to understand yoga and do the simple poses and meditation, like me. Disclaimer: I received this product free for a fair and unbiased review.

I received this box set for free in exchange for my review of the books. I am not an expert in yoga: i just enjoy yoga and enjoy living a natural lifestyle. Book 1: Yoga for Beginners by Brittany Sammons This is a very brief introduction into what yoga is and how to effectively practice it. It has some good information on what you need to get started and what Yoga can help you achieve, but the writing is circular. In the same sentence, the author somehow manages to repeat herself thrice. There are grammatical inconsistencies; some sentences don't quite make sense such as, "Yoga can help your improve your condition even if you are in a worst shape." I wasn't an English major, but I do believe that it should be "the worst shape." These kinds of errors exist throughout the book and will drive a person mad. The book includes no pictures and diagrams which makes it hard to accurately envision some of the poses. I give this book a 2/5 for the simple fact that anything published should be edited beforehand. The information is good, but the publishing company should have edited the grammar errors. Book 2: Yoga for the Beginner: The Starter Guide by Andrew Z.

Maitland This book gives a clear and brief history of yoga practices, benefits of implementing yoga, and basic yoga practices. I like this book. It has a few poses, talks about precautions that one should take and covers some of the etiquette in taking a yoga class. The only thing I didn't like about this book is the author's claim that yoga will make you a better person. Yes, yoga is relaxing. Yes, yoga helps you clear your mind. Yes, yoga is fantastic for flexibility, but yoga doesn't teach patience, compassion or kindness. Sorry, buddy, I don't buy it. Side stepping from that, his writing is clear, concise and variant in structure, which I like. It wasn't like reading a book whose author used a cookie cutter sentence structure. (This is educator in me speaking.) Overall: 4.5/5

Book 3: Beginner Yoga Books By Juliana Baldec (A compilation of yoga poses and meditation guides) This book was just.... weird. The yoga poses were good: they included a picture for visualization as well as the benefits of the poses as written in the texts. It was informative and insightful and included 11 basic poses. However... the pictures that were included? Well, the author made a few little edits that included photo shopping a text bubble onto the picture with sometimes creepy captions. I laughed, but could have done without that. I skimmed the meditation part because I am not a person who does that kind of meditation. I have my own ways and that was therefore not applicable to me. :)

Overall: 2/5 This claimed to have over 100 yoga poses, I counted only 29. Not only that, but this publisher sells the exact same set of books in a different 'boxed set' and just rearranged the order of the books.

I was very disappointed with this book. I am considering going back through and actually count the poses. There are maybe 15 at best with actual images although there are more in the first book with a description only. The pictures that are included are so small and blurry / pixelated you can't tell what the person is doing with any hope to copy it. Most of the book is fluff. History of Yoga (which is interesting but not really what you think you are getting) what items you need (a towel, a mat, etc. unless you live under a rock this again isn't probably why someone would pay for this book). Book 2 of the set is all about meditation. Meditation is important. I didn't buy a book about meditation though. I was looking for a book on beginner poses and how to do them.... Book 3 is meditation poses. See my feelings on book. They only increased with my distress of being dressed and ready to do Yoga (without the several chapters telling me how to manage that before even reading this book) and not having any actual yoga to do. Very disappointed and do not recommend this as a YOGA book to anyone. As a history book, or a meditation book? Sure. But if you want to actually learn Yoga, buy a DVD or use google. This book is useless. I received this book at a discount in return for an honest review

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