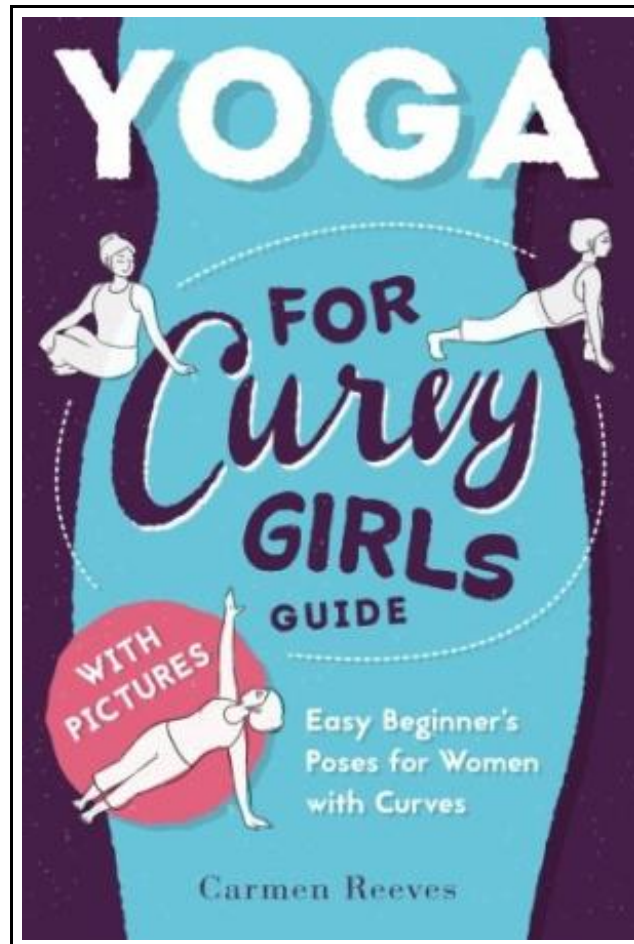


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Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.I know what youre thinking. Youre thinking that yoga and a wonderfully curvy figure just dont go together. Youre just not flexible enough, your curves would get right in the way and that your body just wouldnt obey you. Youd wobble like an ugly duckling and finish up feeling embarrassed and very silly. At least thats what you think. But did you know that over the last few years, a revolution has been gathering place in the yoga studios and living rooms of the world? A powerful revolution fronted by women just like you and I who also want to enjoy the massive health and happiness benefits of starting a yoga practice, but because of their body shape have felt too ashamed to even give it a go. A revolution that Im lucky enough to be part of. Over the past few years, I have helped empower curvier women to start a yoga practice no matter what their challenges, or how scared they might feel, and now Im here to do exactly the same for you. Ive witnessed the amazing transformative effects of yoga in all of my fellow yoga enthusiasts; Ive watched wallflowers blossom into strong, confident and beautiful women, Ive seen that inner glow light faces from within, Ive seen chronic health conditions heal and stubborn pounds drop off. And I cant wait for these amazing benefits to happen to you. You see; you dont have to have supermodel looks or be as bendy as a pretzel to welcome yoga into your life - you only need the desire to learn and a body to practice within. Provided you follow the easy-to-understand instructions...

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