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The 21-Day Yoga Body: A Metabolic Makeover and Life-Styling Manual to Get You Fierce, Fit and Fabulous in Just 3 Weeks

By Sadie Nardini

Random House USA Inc, United States, 2013. Paperback. Book Condition: New. 230 x 186 mm. Language: English . Brand New Book. Are you ready for a total body transformation? In The 21-Day Yoga Body, renowned wellness warrior and lifestyle expert Sadie Nardini gives you a program to renovate your body, mind and spirit. This fast-acting program, based on Sadie's potent inspirations, real-world recipes and unique Core Strength Vinyasa yoga style will turbocharge your results: speed up your metabolism, build lean muscle, and burn fat, all while building nutritional savvy and emotional strength. Designed to fit into your busy life, each day of the three-week plan includes a series of daily lifestyle tips, new-generation yoga poses (illustrated with step-by-step photos), breathing and meditation exercises, and nutrition tips and recipes (vegans, vegetarians and meat-eaters alike, welcome!). There's even wine! Here's what results many people are getting in just 3 weeks: - A fun, fresh yoga practice that's based in cutting edge anatomy for the maximum safety, strength, flexibility, and mind-centering benefits for the time you spend on the mat. - More confidence, clarity of purpose, a renewed spirit and the ability to know yourself more deeply and act...



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Reviews

It is one of the best publications. It really is really intriguing through reading through period of time. You will not feel monotony at anytime of your own time (that's what catalogs are for relating to in the event you request me).

-- Dr. Pat Hegmann

It is one of my favorite publications. It is among the most awesome publications I have gone through. I am just quickly will get a delight of reading through a published publication.

-- Prof. Martin Zboncak DVM