

BOOK #1: Yoga For Beginners: 12 Amazing Breathing Techniques for Beginners To Help You Relax and Reduce Stress If you're looking for yoga techniques to help you relax, then "Yoga for Beginners: 12 Amazing Breathing Techniques for Absolute Beginners to Help You Relax and Reduce Stress" is the book you need. We all get stressed from time to time, but not everyone knows how to deal with it. This is where this book can come in and make a huge and realistic difference to your everyday life. Using the techniques shown in this book, you will learn how to: Relax no matter where you are Sleep more easily, even if you have insomnia Free your body of the stresses and strains of the day Control your breathing so you can unwind within moments Use visualization techniques to help you relax, even if you're standing up And so much more

BOOK #2: Ayurveda: The Complete Guide to Pure Health, Self Healing and Pressure Relief An Indian medicine practice that has been in use since seven thousand years ago, Ayurveda is a medical discipline that will set you on the path to pure health, self-healing and pressure relief. However, it's also not a straightforward process. There are many layers to this legendary healing method, but fortunately, this little book will condense, outline and discuss all of it for you! Just a few of the things that you will learn about in this book include: A brief overview of the origins and history of ayurveda so you'll know where it came from and what it means to us today Understanding ayurveda and how it can be applied in medicine, longevity, health, and self-healing How ayurveda is used in medicine and why it remains a safe and beneficial practice more than five thousand years after its inception How you can balance the Doshas that make up the heart of ayurveda How you can embark on a healthy Ayurvedic diet in your day to day life Why meditation is essential to ayurveda, and important techniques to help you meditate It's rare to find an opportunity where all of the concepts of ayurveda can be explained all in the same place, so this book will be a gem in the world of ayurveda and medicinal healing. So turn the page and begin the learning process. Even if you're on the fence about whether or not ayurveda is the right path for you, this book may convince you that it is the right path to take. So stay tuned!

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