



Yoga for Weight Loss: Yoga Weight Loss Secrets to Melt Fat, Trim Inches and Get a Youthful Sexy Body-Fast! (Paperback)

By Olivia Summers

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****. Yoga For Weight Loss Is All You Need To Completely Transform Your Body In Just 90 Days! If sweating it out at the gym for hours on end just isn't your thing (don't worry, it's not mine, either) then you're going to love my book on yoga for weight loss. My name is Olivia Summers and I'm a Certified Yoga Teacher and I'm here to tell you that you don't have to have a gym membership to get the body you've always dreamed of. You might be thinking to yourself, Why should I listen to her? Well, I didn't always have a naturally slim and sexy body. In fact, I used to be more than 50 pounds overweight! So believe me when I say I know where you're coming from. Losing weight is hard. There's No Need To Complicate Losing Weight With Stressful Diets And Complicated Workout Routines. All you need to get a youthful sexy body is within the pages of this...



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