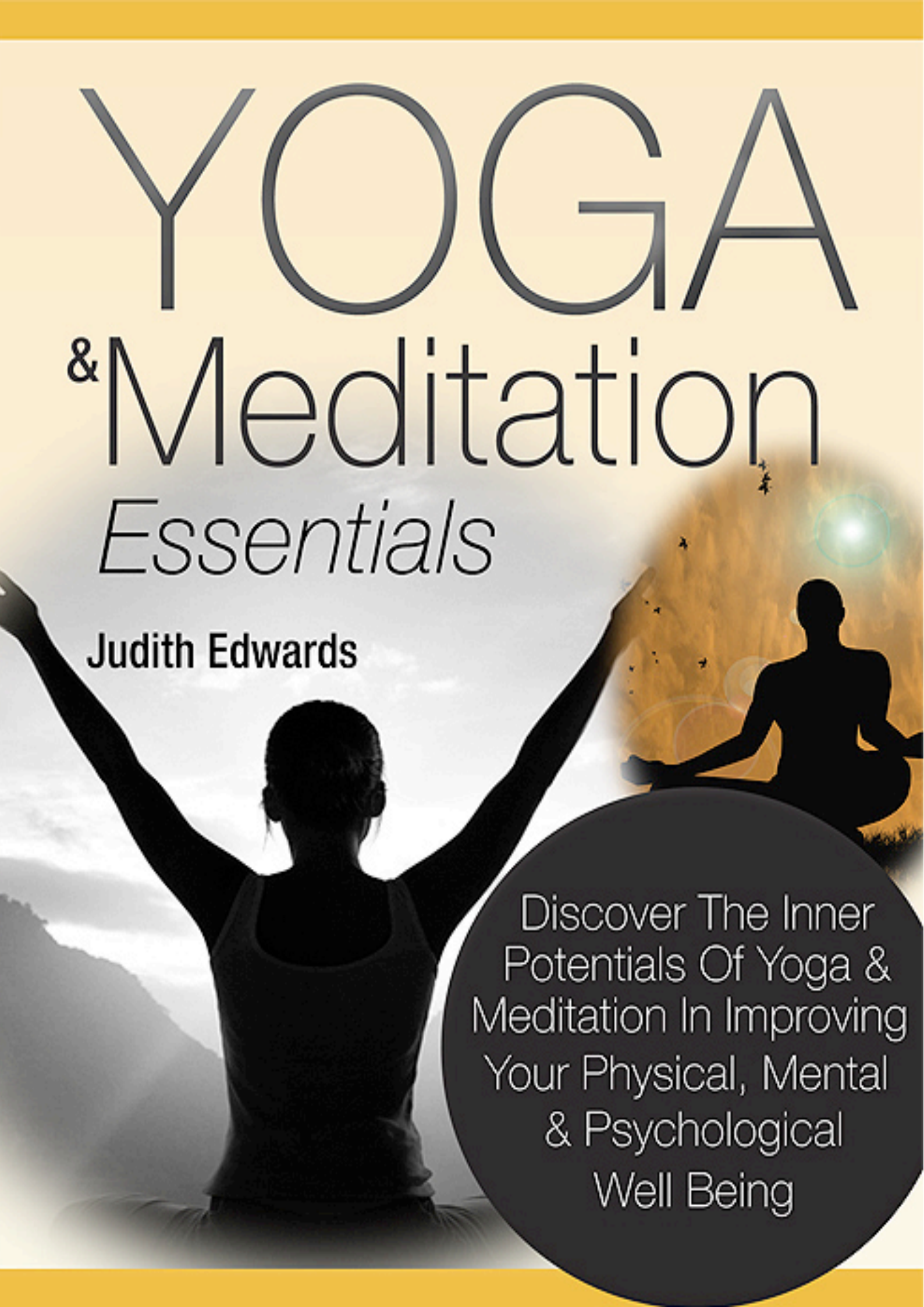


YOGA & Meditation *Essentials*

Judith Edwards



Discover The Inner
Potentials Of Yoga &
Meditation In Improving
Your Physical, Mental
& Psychological
Well Being

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CHAPTER #1 – INTRODUCTION TO YOGA & MEDITATION

Yoga is, considered by many, as a type of exercise. But do you know that it has the potential to help improve the emotional and psychological health of the individual, and not just the physical state?



Some people strongly resist yoga workouts because they believe that it is some kind of weird religious thing or that they must change their lifestyle completely. Not true!

No doubt that yoga was indeed used in years ago mostly by hippies, it has since evolved into a more mainstream system. Now, people from all around the world (regardless of nationality and religion) practice yoga for its ability to help improve their physical and mental well being.

Most people also look at meditation in a similar way they look at yoga, in that it is some kind of weird religious thing and they must convert to that religion in order to perform it.

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However, the fact is that, there are many types of meditation, and not all meditation is about reaching “spiritual enlightenment” or involves the use of drugs and chanting.

Meditation can also be extremely useful in helping one control many physical and mental ailments, and some of them include - It can help one reduce stress and anxiety, help control panic attacks, ease depression, and much more.



The effects of meditation on the mental state of one that practices it can be extremely remarkable, and it is highly recommended by many doctors as a great way to maintain a good physical and mental state naturally, without any medication.

In this “Yoga & Meditation Essentials” guide, you will discover everything you need to know about yoga, as well as meditation, so that you will be able to start practicing them, and enjoy the physical and mental benefits that they will bring for you.

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I will also be discussing about, in this guide, the important equipment that you may want to get to start practicing yoga – Ranging from mats to bags, balls to blocks. You'll learn what each piece of equipment is used for, and also whether you really need to buy it or not.

You'll also discover in greater details, what yoga and meditation are, what they can do for you, as well as their limitations. Neither of them is a one-size-fits-all solution for everyone, nor will they cure any and every ailment there is.

One thing you should realize is that while some parts of this guide may be discussing about the religious practices and history of yoga and meditation (just to give you a good understanding of their origins), you do **NOT** have to change your religion or subscribe to any of the religious notions of either yoga or meditation in order to practice them.

It doesn't matter if you are Jewish, Catholic, Christian, Muslim, Buddhist, Protestant, or Scientologist! No matter what type of religion you may or may not practice, yoga can benefit you without you having to change your faith in any way.

Before I begin, there's something that I would like to let you know, and that is - Some practitioners believe that yoga and meditation can cure every ailment, illness, and disease on the planet, but unfortunately there is just no proof of this.

If you're looking for a miracle cure for cancer or diabetes, this probably won't be what you're hoping for.

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However, if you need a simple solution for easing panic attacks, depression, mental fog, back pain, stress, or other minor to moderate physical and mental issues, yoga and meditation might be exactly what you need.

I've arranged this "Yoga & Meditation Essentials" guide in such a way that, in the first part of this guide, I will cover everything you need to know about yoga. Thereafter, I will cover everything you need to know about meditation.



So, are you now ready to learn more about yoga and meditation? Let's begin!

CHAPTER 9 – RECOMMENDED RESOURCES

PRASARA YOGA PRIMER



“Prasara Yoga Primer” has helped hundreds of athletes perform better. Not only that, it has also helped desk jockeys, soccer moms, and other regular people find more joy and freedom in moving their bodies.

Each of these step-by-step videos in this “Prasara Yoga Primer” package is aimed at helping you get greater agility, balance, strength and freedom of movement...

**[Click Here To Find Out More About The
“Prasara Yoga Primer” Package Now!](#)**

ACOUSTIC BRAINWAVE ACTIVATION



The “Acoustic Brainwave Activation” package contains over 40 different Activation Acoustics, where you can use to change your brainwave activity, mood or state safely, consistently and effectively. With this, you will be able to achieve peace, relaxation, enlightenment, personal enhancement, and much, much more!

This package is said to be able to help one alter their states of consciousness within 8 short minutes, and it works every single time on just about anybody.

Click on the link below to listen to a sample... And learn to meditate in just a few minutes...

**[Click Here To Find Out More About The
“Acoustic Brainwave Activation” Package Now!](#)**