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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 (Paperback)

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

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