

The Yoga-Body Cleanse: A 7-day Ayurvedic Detox to Rejuvenate Your Body and Calm Your Mind



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Reviews

This publication is definitely worth buying. It is written in straightforward words rather than difficult to understand. You are going to like how the writer composed this publication.

(Dr. Joaquin Klein)

THE YOGA-BODY CLEANSE: A 7-DAY AYURVEDIC DETOX TO REJUVENATE YOUR BODY AND CALM YOUR MIND



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Ulysses Press. Paperback. Book Condition: new. BRAND NEW, The Yoga-Body Cleanse: A 7-day Ayurvedic Detox to Rejuvenate Your Body and Calm Your Mind, Robin Westen, ENHANCE YOUR PRACTICE Yoga brings us into balance by opening the heart, clearing the mind and increasing flexibility while strengthening muscles, bones and internal organs. These amazing benefits are boosted to the max in The Yoga-Body Cleanse, which uses traditional Ayurvedic principles to rid your body of toxins and leave you fully rejuvenated. The simple day-by-day program in this book offers a complete diet of smart, delicious foods with super-healing powers that strengthen you instead of leaving you hungry. By following this holistic program you will: * Feel Energized * Flush Contaminants * Lose 5 to 8 Pounds * Relieve Stress * Look Younger * Increase Mental Clarity.



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