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Yoga: Schlank, entspannt und sexy (German Edition)

Tara Stiles

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Das Geheimnis von Tara Stiles Yogastil? Ein klarer, körperbetonter Ansatz ohne spirituellen Schnickschnack. Denn wie diverse Studien nachgewiesen haben, ist Yoga genau das Richtige für moderne berufstätige Menschen, die zwischen Job, Familie und Freizeit pendeln. Es bewirkt nicht nur Wunder für den Körper (wie eine gute Figur, eine stärkere Immunabwehr oder einen gesenkten Blutdruck), sondern verbessert auch deine tägliche Laune und das sexuelle Erleben!

In diesem Trainingsbuch hat Tara Stiles daher über 200 Yoga- und Atemübungen, Meditationen sowie einzigartige Yogaprogramme zusammengestellt, alle ausführlich erklärt und bebildert. Und sie garantiert: Mit nur 15 Minuten Yoga am Tag wirst du dir eine sexy Silhouette formen, unerwünschte Naschgelüste kontrollieren, Stress aus deinem Leben verbannen, deine sexuelle Zufriedenheit erhöhen, eine weiche und reine Haut bekommen, besser schlafen, mehr Energie haben, gesund bleiben und vieles mehr!

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