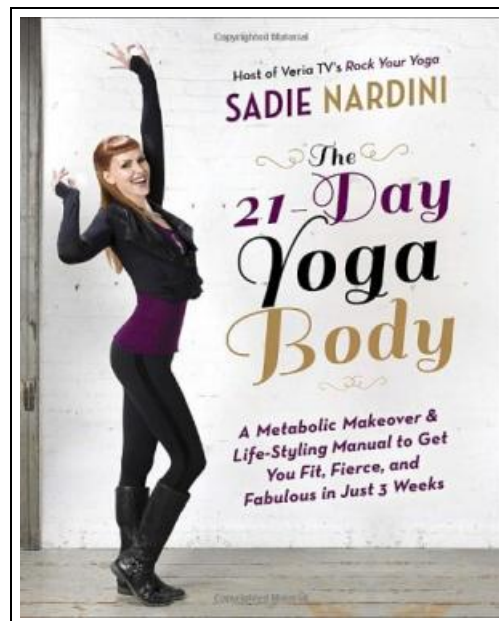


## The 21-Day Yoga Body: A Metabolic Makeover and Life-Styling Manual to Get You Fierce, Fit and Fabulous in Just 3 Weeks



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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



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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 from your truth.
- Daily guidance about how to approach your personal, life and relationship challenges--and totally rock them.
- A daily meal plan that gives you a new, creative relationship with food and reveals how to eat fresh, whole--and fantastically well--for a lifetime.
- Creative action steps to make all these great ideas a reality and create more success for you on all levels! So get ready to kick some asana, play while you learn, and create your most fit, fierce, and fabulous self ever!.

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