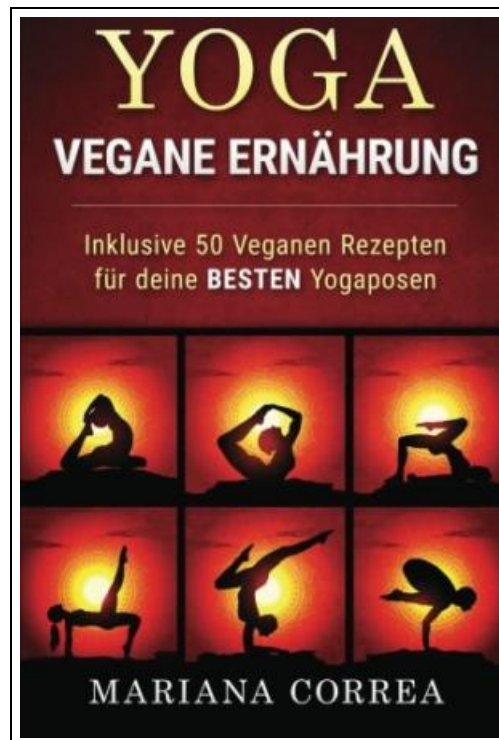


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Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: German . Brand New Book ***** Print on Demand *****.Yoga Vegane Ernährung ist ein Pfad zur Erleuchtung. Yogis können ihre Fähigkeiten und Gesundheit mit der besten veganen Ernährung verbessern. Yoga Vegane Ernährung ist eine Methode des Essens und Lebens, die mehr Freude und Dankbarkeit erzeugen kann. Nachdem du dieses Buch gelesen und angewendet hast, wirst du: -Deine Flexibilität erhöhen -Dich leichter fühlen -Deine Stärke verbessern -Gesunder sein Du wirst deine Ziele nur erreichen, wenn dein Körper von innen heraus gesund ist. Du wirst deine Leistung nur durch das Essen der richtigen Nahrung verbessern. Ob Sie Ihr Jivamukti Yoga, Vinyasa Yoga, Bikram Yoga, Hatha Yoga, Ashtanga Yoga oder Kundalini Yoga verbessern möchten, dieser Guide hilft bei dem Erfolg. Dieses Buch beinhaltet eine klare Erklärung, was du für den Erfolg benötigst und umfasst über 50 einfache, vegane Rezepte, die dich auf den Weg für deine beste Leistung bringen.



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