



## Sean Vigue's 30 Days of Yoga: Beginner to Advanced Yoga Program for Weight Loss, Flexibility and Strength

By Sean Vigue

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Sean Vigue, bestselling author and the "most watched yoga guy on the planet", is pleased to release the ultimate 30 day yoga training program!

This complete, easy to follow 30 day yoga program is perfect for men and women of all fitness levels. Never done yoga before? No problem. This accessible program will have you up and moving immediately with Sean's 30 essential yoga poses. Been practicing yoga for awhile? The 30 day program features 30 workout videos with Sean that NEVER repeat. It will challenge, inspire and transform your body. Athletes? This program will improve your athletic performance on EVERY level.

"30 Days of Yoga" will radically transform your body, health and performance. All you need is your bodyweight and a yoga mat - no weights, machines or equipment of any kind is needed. You will use the greatest gym you will ever have - your body - to build strength, flexibility, balance, control, endurance and long, lean muscles. Best of all, you can do this program anytime and from anywhere in the world - it fits YOUR life and schedule.

Why this book is unlike any other out there:

✓?For 30 days you practice a new yoga workout video each day. The program is designed to get progressively more challenging as you get stronger and more confident. The videos are complete routines that run between 15-60 minutes featuring yoga styles for flexibility, power, core work, balance, endurance, strength and relaxation. You may do the videos solo or simply add them into your current workouts.

✓?Sean's 30 essential yoga poses. The poses feature color photos, full descriptions and target areas. If you've never practiced yoga or want a complete review these 30 poses are perfect! These are the poses you MUST know for your practice and you'll be doing them in the 30 day program.

So what are you waiting for? You are just a few clicks away from a leaner, stronger, more flexible and healthier you.

Scroll up and click the Buy Now button to instantly download "30 Days of Yoga", Your body will thank you for it! You have nothing to lose and everything to gain. Increased strength, flexibility and endurance are waiting. It's time to get healthier than ever!

P.S. If you'd like to check out my other bestselling fitness books simply type in 'Sean Vigue' in the search bar!

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