



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

Sadie Nardini

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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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