



Improve Your Yoga: Find Inner Peace with Subliminal Messages

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Improve Your Yoga - Find Inner Peace with Subliminal Messages.

Seven powerful recordings, each 10 minutes long, containing thousands of embedded subliminal messages designed to help you reach your goal.

This recording contains the following subliminal affirmations:

- I easily achieve the yoga positions
- My body is flexible and fit
- My muscles respond to my commands
- I practice my yoga every day
- Yoga helps me breathe deeply and fully
- I remember the yoga positions precisely
- Doing yoga feels fantastic
- Yoga relaxes my body and mind
- I find it easy to focus during yoga
- I enjoy my yoga sessions immensely
- Every day my yoga technique improves
- I am naturally good at yoga

To use this recording, simply hit "play" and listen. You can also listen on repeat in the background if you desire.

For full listening instructions, visit: <http://www.subliminalguru.com/listen>

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To learn how subliminal messages are embedded into this audio, visit
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Helen Sullivan:

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