



# **Spirituality Box Set: 64 Amazing Lessons and Techniques For Reaching Physical, Cognitive and Inner Balance (Spirituality, spiritual healing, art of spiritual healing)**

*Sarah Watson, Sylvia Boyd, Jean Neal, Virginia Bailey*

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## **BOOK #1: Tantric Massage: 12 Outstanding Lessons On How To Master and Practice a Sensual Tantric Massage**

Tantric massage is not like a deep tissue massage where you find yourself sore and in pain the next day. It is the complete opposite, and leaves you in a happy, calm and relaxed state. There are a few different hand techniques required to master the art of tantric massage, yet very few tools are required. Do you know what they are? Would you like to? Tantric massage is not difficult once you know how, and once you try it, you will not regret it at all.

## **BOOK #2: Tai Chi For Beginners: Top 10 Tai Chi Lessons for Beginners: Achieve the Complete Harmony, Boost Your Energy and Get Incredible Emotions by Discovering the Strength of Tai Chi**

Have you ever seen people moving around in the park in a slow manner with their arms positioned in the air and standing on one or two legs in complete silence? Would you like to know more about what they're doing and the practice known as Tai chi? Are you constantly stressed and need an exercise that doesn't require a lot of physical movement but still benefits your emotional and physical needs? Then you may want to try reading this book on Tai chi, a beginner's guide to everything you need to know about this ancient practice.

## **BOOK #3: Mindfulness: 23 Helpful Mindfulness Exercises for Life Without Stress and Worries**

Being aware of the present moment is definitely a good tool in helping us enjoy the world around us more. We are able to understand ourselves better and this self discovery is a definite way to live fulfilled lives. This book has been written to encourage and enhance the deep rooted knowledge of what mindfulness entails and how it can be adopted into our daily living. This book includes deep wealth of knowledge regarding the

practice and state of mindfulness.

## **BOOK #4: Tai Chi For Beginners: 12 Lessons For Reaching Physical, Cognitive and Inner Balance**

Have you ever wondered about groups of people you see in parks and open areas performing a slow and almost dance-like form of exercise? Wondered why they are doing it and what it is? Well, it is a form of Chinese martial art called Tai Chi. This martial art is calming, almost meditative. The health benefits are tremendous, from improving mobility, the health of joints and muscles, and most of all, relaxing and calming the mind. Tai Chi can assist those who suffer stress, anxiety and tension. But more about this will be discussed within the book. If you want to learn more about Tai Chi and how it could help you in your daily work or home, then read on – it could absolutely change your life!

## **BOOK #5: Chakras For Beginners: An Amazing 7 Step Guide for Absolute Beginners to Open Your Spiritual Chakras (with Photos)**

This eBook will be a guide for you to use and maybe even others to embark on this journey of spiritual self-discovery; it will give you an insight on all you need to know about chakras and it's perfect for beginners. Each chapter will give you a little something to mend and balance every aspect of each chakra, understand that each chakra works similarly, except they control different parts of your life and each has unique properties to them.

## **BOOK #6: Yoga For Beginners: 12 Amazing Breathing Techniques for Absolute Beginners To Help You Relax and Reduce Stress**

If you're looking for yoga techniques to help you relax, then 'Yoga for Beginners: 12 Amazing Breathing Techniques for Absolute Beginners to Help You Relax and Reduce Stress' is the book you need.

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Download this book, and find "**BONUS: Your FREE Gift**" chapter right after the introduction or after the conclusion.

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