

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

By Sadie Nardini

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

**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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### Editorial Review

From Publishers Weekly

A Brooklyn-based yoga teacher and host of Veria TV's Rock Your Yoga, Nardini is known for founding Core Strength Vinyasa Yoga, which is described in detail in her first book. She is more concerned with building a strong and fit body than with weight loss: Healthy is the new skinny. Her program addresses the whole enchilada, using three transformational guideposts from the ancient yogi sage Patanjali (the author calls him Pat) who penned the yoga sutras: tapas (presence, new energy), svadhyaya (inner inquiry, truth, center) and ishvara pranidhana (aligned action, surrender). In separate chapters, Nardini takes readers through the eponymous 21 days, offering a three-pronged daily program of theme (i.e. get off your asana), yoga sequence (with accompanying photos), and food (a variety of creative recipes ranging from smoothies to main entrees). Irreverent, but practical, Nardini enjoys a good steak and a glass of wine, as will readers who follow her program, if they so choose. She encourages readers to eat 80-percent whole and healthy, and the other 20 percent not so much. With honesty, humor, and enthusiasm, Nardini takes a playful, yet energetic approach to strengthening and toning body, mind, and spirit. 337 b&w photos. Agent: Stephanie Tade, Stephanie Tade Agency. (Nov.)

### Review

“Irreverent, but practical, Nardini enjoys a good steak and a glass of wine, as will readers who follow her program, if they so choose. She encourages readers to eat 80-percent whole and healthy, and the other 20 percent 'not so much.' With honesty, humor, and enthusiasm, Nardini takes a playful, yet energetic approach to strengthening and toning body, mind, and spirit.”

—*Publishers Weekly*

### About the Author

SADIE NARDINI is a renowned Ultimate Wellness and yoga expert and founder of Core Strength Vinyasa Yoga. *Yoga Journal* calls her "a star instructor" for her ability to make real transformation accessible on all levels. She lives and Oms in Brooklyn, New York, and regularly tours internationally to share her expertise.

### Users Review

#### From reader reviews:

#### Gemma Jackson:

Do you have favorite book? Should you have, what is your favorite's book? Publication is very important thing for us to know everything in the world. Each reserve has different aim or perhaps goal; it means that publication has different type. Some people sense enjoy to spend their time to read a book. These are reading whatever they acquire because their hobby is reading a book. Consider the person who don't like reading a book? Sometime, particular person feel need book once they found difficult problem or perhaps exercise. Well, probably you'll have this The 21-Day Yoga Body: A Metabolic Makeover and Life-Styling Manual to Get You Fit, Fierce, and Fabulous in Just 3 Weeks.

**Reinaldo Downs:**

The particular book *The 21-Day Yoga Body: A Metabolic Makeover and Life-Styling Manual to Get You Fit, Fierce, and Fabulous in Just 3 Weeks* will bring that you the new experience of reading any book. The author style to describe the idea is very unique. In the event you try to find new book to see, this book very ideal to you. The book *The 21-Day Yoga Body: A Metabolic Makeover and Life-Styling Manual to Get You Fit, Fierce, and Fabulous in Just 3 Weeks* is much recommended to you to read. You can also get the e-book from official web site, so you can more easily to read the book.

**Arthur Seaton:**

The guide untitled *The 21-Day Yoga Body: A Metabolic Makeover and Life-Styling Manual to Get You Fit, Fierce, and Fabulous in Just 3 Weeks* is the guide that recommended to you to learn. You can see the quality of the book content that will be shown to anyone. The language that article author use to explained their ideas are easily to understand. The copy writer was did a lot of exploration when write the book, to ensure the information that they share to you personally is absolutely accurate. You also might get the e-book of *The 21-Day Yoga Body: A Metabolic Makeover and Life-Styling Manual to Get You Fit, Fierce, and Fabulous in Just 3 Weeks* from the publisher to make you considerably more enjoy free time.

**Micheal Ruiz:**

In this era globalization it is important to someone to obtain information. The information will make a professional understand the condition of the world. The condition of the world makes the information easier to share. You can find a lot of referrals to get information example: internet, magazine, book, and soon. You can view that now, a lot of publisher in which print many kinds of book. Typically the book that recommended to you personally is *The 21-Day Yoga Body: A Metabolic Makeover and Life-Styling Manual to Get You Fit, Fierce, and Fabulous in Just 3 Weeks* this book consist a lot of the information on the condition of this world now. This book was represented just how can the world has grown up. The language styles that writer use for explain it is easy to understand. The particular writer made some analysis when he makes this book. Here is why this book acceptable all of you.

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