

# Morning Yoga Routine For Travel, Beginners Demonstrated in Free eBook

Brandon Schoen May 21, 2013



**Good Day Yoga offers three of Julie Schoen's unique morning yoga routines with detailed descriptions and professional photography. The book is being given away for free on Amazon this weekend as a kick-off to the summer season.**

(Newswire.net -- May 21 , 2013) Los Angeles, CA -- With summer vacations just around the corner, it's time to start thinking about how to maintain, or start, a consistent **morning yoga routine**. Julie Schoen, author of Amazon's best-selling yoga series, Just Do Yoga, is a pro when it comes to designing yoga routines that are quick, effective, and accessible to beginners but by no means easy. Her book, **Good Day Yoga: Your Morning Yoga Guide For Energized Days** , is being given

away for free on Amazon for a limited time as a kick-off to the summer season.

Schoen, who currently teaches at studios and to private clients in Albuquerque, New Mexico, hopes that her book series will help people continue to practice yoga even while they are on the road or at home with kids.

"I see so many people who make amazing progress in their health and appearance from January through May. Then summer hits and even after months of hard work they end up right back at square one."

One of the services she offers private clients is creating specific yoga routines, designed for morning, night, or to address individual goals, as a way to try to help them stay on track even when time or money don't allow them to get to a studio or work with her one-on-one.

Good Day Yoga offers three of Schoen's unique **morning yoga routines** designed specifically for an A.M. practice. She goes into detail on how each pose should be performed and accompanies her writing with professional photography of herself demonstrating the posture. Each yoga routine is designed to take 15 to 20 minutes to complete and they can be done individually or consecutively.

"Nothing is better than a live instructor or class," admits Schoen, "but I know that it's not always an option. I love that my books are instantly available for someone who needs them. They are perfect for traveling and great for beginners who want to get the basics before attending a class."

**Good Day Yoga** will be available for free on Amazon for a limited time.

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