



*Yoga*  
For A Healthy Lifestyle



## TOP RESOURCE REPORT

***Say Goodbye to Ill- Health  
& Re-model your *Lifestyle with Yoga*  
Tips and Techniques!!!***

## Videos

- ✓ <https://www.youtube.com/watch?v=m2ya7BOVK6o>
- ✓ <https://www.youtube.com/watch?v=fBWsouuCtWM>
- ✓ <https://www.youtube.com/watch?v=1PFGnvUJeMc>
- ✓ <https://www.youtube.com/watch?v=jFRzWur3zOo>
- ✓ <https://www.youtube.com/watch?v=zuSyUQHlapk>
- ✓ [https://www.youtube.com/watch?v=2D5Zq4wNK\\_s](https://www.youtube.com/watch?v=2D5Zq4wNK_s)

## Tools

- ✓ <http://www.yogabasics.com/learn/history-of-yoga/>
- ✓ <http://upliftconnect.com/the-science-behind-yoga/>
- ✓ <https://www.artofliving.org/yoga/yoga-for-beginners/science-behind-yoga>
- ✓ <http://www.spiritvoyage.com/blog/index.php/what-is-the-soul-body-the-1st-body/>
- ✓ <https://www.theseecretsofyoga.com/meditation/different-types-of-meditation.html>
- ✓ <https://www.boldsky.com/health/disorders-cure/2013/ten-diseases-that-can-be-cured-by-yoga/articlecontent-pf5075-032485.html>

## Training

- ✓ <https://www.artofliving.org/in-en/yoga/yoga-poses/sun-salutation>
- ✓ <https://www.doyouyoga.com/the-10-most-important-yoga-poses-for-beginners-25270/>
- ✓ <http://www.thejourneyjunkie.com/yoga-3/yoga-accessories-the-must-haves/>
- ✓ <https://www.sivananda.eu/en/yoga-postures/exercises-for-beginners.html>
- ✓ <http://www.freemeditation.com/meditation-basics/>
- ✓ <https://www.theseecretsofyoga.com/meditation/different-types-of-meditation.html>
- ✓ <https://liveanddare.com/types-of-meditation>
- ✓ <https://liveanddare.com/benefits-of-meditation/>
- ✓ <https://www.boldsky.com/health/disorders-cure/2013/ten-diseases-that-can-be-cured-by-yoga/articlecontent-pf5075-032485.html>
- ✓ <https://eyogaguru.com/cure-depression-stress-and-anxiety-by-pranayama/>
- ✓ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3193654/>
- ✓ <https://www.care2.com/greenliving/12-yoga-tips-for-beginners.html>

## Blogs

- ✓ <https://www.ananda.org/the-yogis-say/4-paths-to-realization/>
- ✓ <https://www.doyouyoga.com/5-yoga-poses-that-promote-self-realization-empowerment-and-why/>
- ✓ <https://chopra.com/articles/daily-practices-for-spiritual-mental-emotional-and-physical-well-being#sm.0001gk7p6eh6vdlcuHj26tIntixin>
- ✓ <http://www.mea.gov.in/in-focus-article.htm?25096/Yoga+Its+Origin+History+and+Development>
- ✓ <http://www.yogabasics.com/learn/history-of-yoga/>
- ✓ <http://upliftconnect.com/the-science-behind-yoga/>
- ✓ <https://www.artofliving.org/yoga/yoga-for-beginners/science-behind-yoga>
- ✓ <http://www.spiritvoyage.com/blog/index.php/what-is-the-soul-body-the-1st-body/>
- ✓ <https://www.yogajournal.com/lifestyle/count-yoga-38-ways-yoga-keeps-fit>
- ✓ <https://www.wikihow.com/Improve-Mind-Body-Connection-with-Yoga>
- ✓ <https://www.doyogawithme.com/types-of-yoga>

## Forums

- ✓ <https://liveanddare.com/types-of-meditation>
- ✓ <https://liveanddare.com/benefits-of-meditation/>
- ✓ <https://www.boldsky.com/health/disorders-cure/2013/ten-diseases-that-can-be-cured-by-yoga/articlecontent-pf5075-032485.html>

## Infographics

- ✓ <http://upliftconnect.com/the-science-behind-yoga/>
- ✓ <https://www.artofliving.org/yoga/yoga-for-beginners/science-behind-yoga>
- ✓ <http://www.spiritvoyage.com/blog/index.php/what-is-the-soul-body-the-1st-body/>
- ✓ <https://www.yogajournal.com/lifestyle/count-yoga-38-ways-yoga-keeps-fit>