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Anatomy of Hatha Yoga Ashwini Mudra

Yoga Hatha Yoga Anatomy of Hatha Yoga. Anatomy of Hatha Yoga. Tweet; Ashwini Mudra. Ashwini Mudra or the Horse Pose is so named because of the way it is performed. Performing this pose requires a movement similar to the expansion and contraction of the anus of the horse after it has relieved itself.

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Hatha Yoga Poses Asanas Sequences Yoga Journal

Hatha yoga is designed to align your skin, muscles, and bones. The postures are also designed to open the - especially the spine - so that energy can flow freely. Most forms of yoga in the West can be classified as Hatha Yoga.

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Anatomy of Hatha Yoga A Manual for Barnes Noble

Anatomy of Hatha Yoga revised and updated with full color illustrations and photos is the most comprehensive and authoritative work available correlating the study of hatha yoga with anatomy and physiology. It is a must-have for anyone who is serious about studying or teaching yoga, and an invaluable resource for anyone in a field relating to physical conditioning.

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