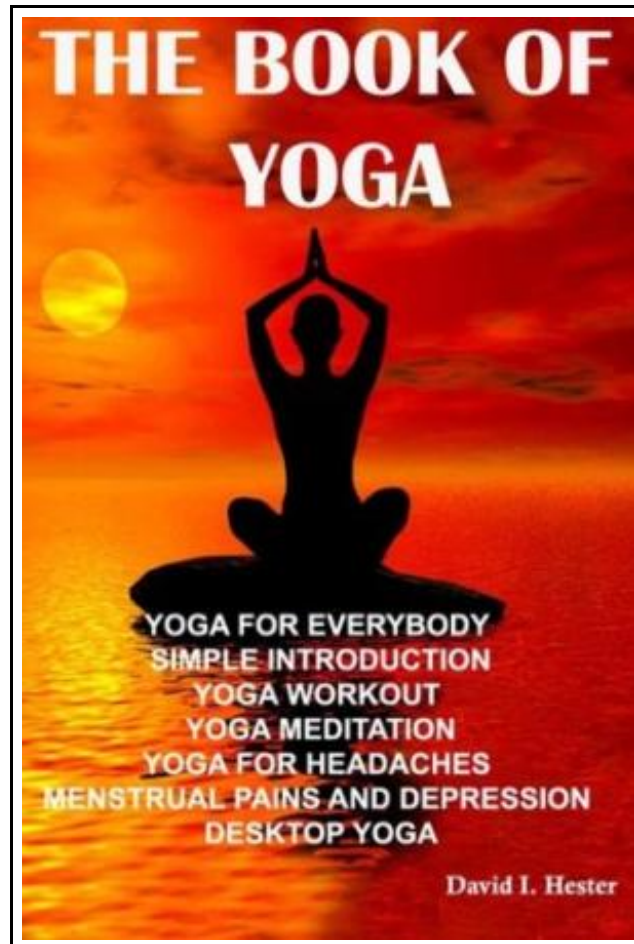


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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. When one mentions yoga, many images may be conjured up. Perhaps you get an image of flower children from the 60 s sitting in a circle with their legs in impossible positions chanting Ohm around a huge candle in a poorly lit room. Yoga is an ancient art that has been practiced for centuries. Over the years, it has risen in popularity as a way to stay fit, get in touch with one s inner self, and keep a balance of sanity in a sometimes insane world. Yoga is the most diversified spiritual practice in the world. Crossing over many cultures (including Hinduism, Buddhism, Jainism and the West), Yoga also extends over multiple languages such as Hindi, Tibetan, Bengali, Sanskrit, Tamil, Prakrit, Marathi and Pali. The Yogic tradition continues to proliferate and spread its message of peace to this very day. There are many different places that offer yoga classes; gyms, wellness centers, even the local YMCA. But you don t have to join a class to practice yoga. It is just as easily done in your home or even at your desk while at work. Yoga can help bring you inner peace when you are stressed out. It can even help relieve the pain of headaches, backaches, and menstrual cramps. As studies continue to reveal yoga s many health benefits, this centuries-old Eastern philosophy is fast becoming the new fitness soul mate for workout enthusiasts. Contemporary devotees range from high-powered execs trying to keep hearts beating on a healthy note to image-conscious Hollywood stars striving for sleek physiques. Even prominent athletes are adding yoga to their training regime to develop balanced, injury-free muscles and spines. Yet...

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