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## Birkam Hot Yoga and Moksha Hot Yoga: The Inner Workings of Bikram and Modsha Hot Yoga

By Amy Gilchrist

Createspace. Paperback. Book Condition: New. This item is printed on demand. Paperback. 64 pages. Dimensions: 8.8in. x 5.8in. x 0.2in. Discover A Yoga Book For Yoga Beginners And Learn How To Practice Hot Yoga And Learn About Yoga Postures And Weight Loss And Other Yoga Benefits Introducing Bikram Hot Yoga And Moksha Hot Yoga For Beginners: The Inner Workings Of Bikram And Moksha Hot Yoga by Amy Gilchrist Hot Yoga Yields Hot Results For centuries, yoga has provided relaxation, calmness, and inner peace. Adding a little heat to your yoga practice introduces a whole new set of benefits even for first time hot yoga students. The steamy room and high-temperature yoga practices make it possible for everyone to unlock the weight loss possibilities of yoga. Two widely popular forms of hot yoga include Bikram and Moksha, each capable of generating amazing physical and mental effects. Bikram was created by an Indian man named Bikram Choudhury. Moksha is a newer style of hot yoga. In 2004, two yoga teachers from Toronto, Ted Grand and Jessica Robertson. Though different in practice, both forms of hot yoga promote weight loss in their abilities to sweat out impurities, burn calories, and instill mind-body awareness. Taking place...



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