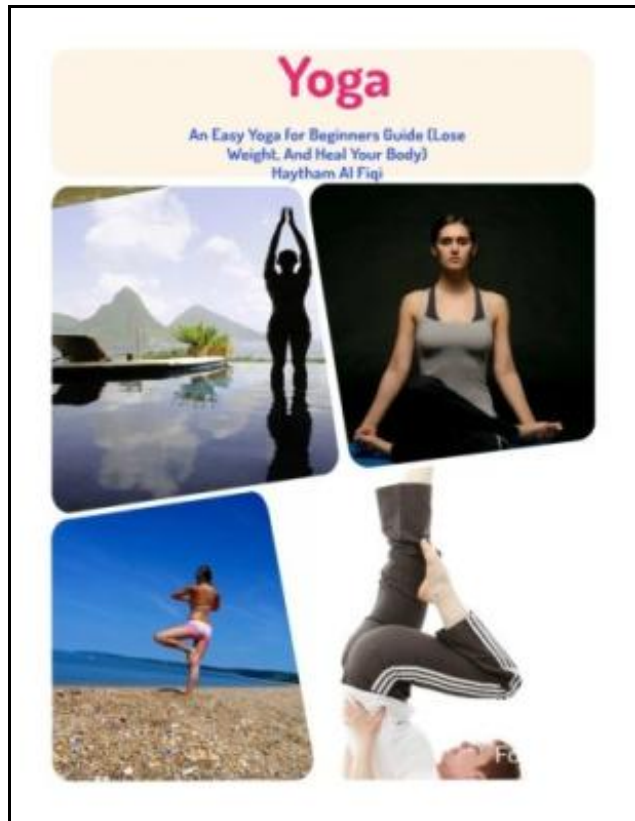


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(Julia Mohr II)

YOGA: AN EASY YOGA FOR BEGINNERS GUIDE (LOSE WEIGHT, AND HEAL YOUR BODY)



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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Most people have a passing knowledge with what Yoga is, or think they know about what it sets out to achieve. But until you have tried Yoga it is impossible to know whether you have the type of personality that can truly excel under its influence. Yoga, quite simply can be a life changing experience and the discipline and mental strength that result from it can completely change your perspective and world view. One method of Yoga which is currently very popular is known as Bikram Yoga. Bikram Yoga, often referred to as hot yoga follows the Bikram Yoga Method. As with all Yoga it has multiple goals - to build your inner strength as well as your outer physical strength. A vital component of Bikram Yoga is the flexibility and balance required to perform the exercises and it is believed that this comes from mental strength as much as physical practice. The roots of Bikram are in Hatha Yoga, which is a healing form of Yoga that strengthens both body and mind. The founder of Bikram Yoga was Bikram Choudhury, a yoga practitioner and innovator. After a weightlifting accident Bikram Choudhury was determined to recover and set about investigating the healing ability of practicing certain types of exercise. The result was Bikram Yoga, which so many people found to be an effective method of healing that its tenants were recorded and passed on as a new form of Yoga. Those who practise Bikram Yoga purely for its healing benefits are plentiful, but there is also a strong holistic component, which is a key reason behind using Bikram Yoga for many of...

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