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Iyengar developed a form of yoga that focuses on developing strength, endurance, correct body alignment, as well as flexibility and relaxation. The Iyengar method integrates philosophy, spirituality, and the practice of yoga into everyday living.

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The Tree of Yoga (Shambhala Classics) 1. 0 Mark Williams March 14, 2017 8:48 am AUTHOR: Mark Williams. Mark Williams is the Founder and Editor-in-Chief of the Identity Post. Mark is a highly regarded thought leader, consultant, public speaker, and the author of five books, including his latest, The MultiDentity Mindset and the best-selling ...

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The Tree of Yoga is full of symbolic imagery that paints the picture of yoga in a new light. It has inspired me to create a whole spiritual retreat from it, in Palm Springs, with everything from physical yoga practice, meditation, book discussion, palm tree canyon hike and even a palm tree painting workshop.

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He was born under a shala tree (shorea robusta), for example, as his mother Maya stood upright and grasped a branch with her right hand. Young prince Siddhartha experienced his first deep meditation under a rose-apple tree.

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