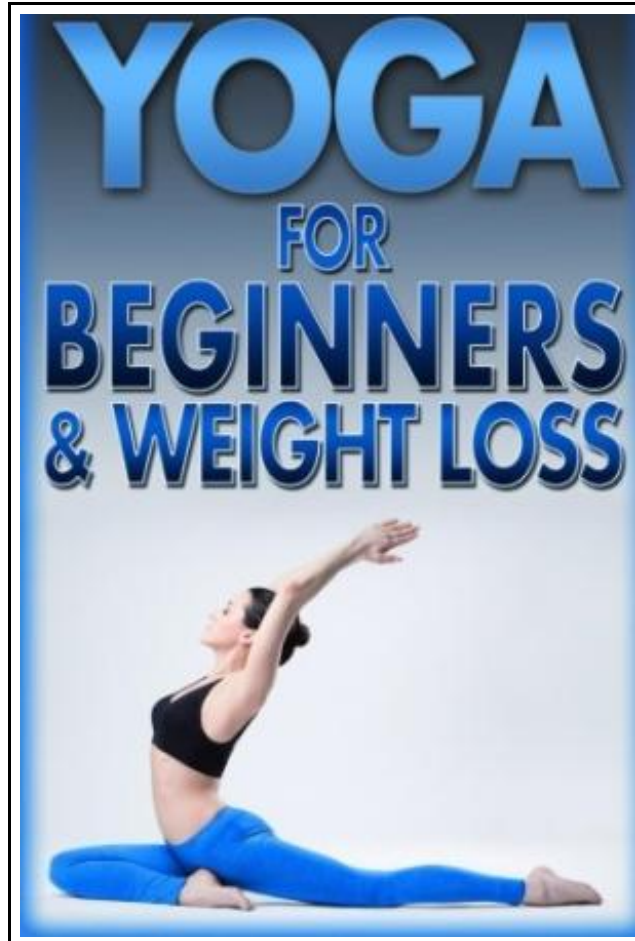


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Createspace, United States, 2015. Paperback. Book Condition: New. Large Print. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The term Yoga came from the Sanskrit word yuj which simply means a union of a person s consciousness or soul with the universal consciousness. It is therefore the process of reversing the ordinary outward flow of energy and consciousness in order for the mind to become a dynamic center of direct perception which does not depend upon the fallible senses but actually capable of experiencing truth. Yoga can also be defined as a spiritual and ascetic discipline which includes breath control, simple meditation and the adoption of specific bodily postures which is widely practiced across the world for health and relaxation. In ancient times people had the belief that; for a person to be in harmony with his/her environment, then he/she has to integrate the body, the mind and the spirit. For the integration of these three, the emotions, actions and intelligence must be balanced. Due to this people formulated a special way to achieve and maintain this balance which is done through exercises, breathing and meditation. These are called the three main yoga structures. What You ll Get Inside: BRANCHES OF YOGA Hatha Yoga (Yoga of Postures) Bhakti Yoga (Yoga of Devotion) Raja Yoga (Yoga of Self-control) Jnana (Gyana) Yoga (Yoga of the Mind) Karma Yoga (Yoga of Services) Tantra Yoga (Yoga for rituals) WHY PEOPLE PRACTICE YOGA HISTORY OF YOGA Pre-classical age Classical Yoga Post classical Yoga Modern Yoga YOGA FOR BEGINNERS Principles of Yoga The sequence of basic Yoga exercise (Asanas) YOGA FOR WEIGHT LOSS Setu bandh (Bridge Pose) Uthita parsvakonasana (extended side angle pose) Chakki Chalan (Grinding pose) Parivrtta parsvakonasana (Revolved side angle pose) Bhujangasana (Cobra pose) YOGA WORKOUT POSES Bhujangasana...

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