



The Book of Yoga: Yoga for Everybody Simple Introduction Yoga Workout Yoga Meditation Yoga for Headaches Menstrual Pains and Depression Desktop Yoga

By David I Hester

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 Yogi 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...



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