

# 15 Yoga Poses for beginners



# **Yoga For Beginners Usa**

**Tao Wei**

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perfect bodies she delves into traditional resources to show how yoga can help your mental and spiritual wellbeing With a range of enlightening essays she explores why change in the industry is vital before centring key yogic texts philosophy and history in a digestible manner to give us a basic understanding of the origins of yoga Desai then guides us through integrating these foundations into our current practice both on and off the mat so you can enjoy the benefits of the tradition while helping to make yoga today a more inclusive and diverse space A Beginner s Guide to the Roots of Yoga is the perfect jumping off point for anyone wanting to make their practice more authentic

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