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D&T:

A COMPARISON

REFERENCES AND NOTES

• Stage, 100 ms hand practice their original shot sequences, other foot positions, no intermediate shots, and 100 second "you," which means to write on one card three words.

One of the most recognizable aspects of yoga is its range from simple stretching to strength and balance. Regular practice can not only reduce the risk of injury, but it can also strengthen and improve overall cardiovascular health by lowering blood pressure. The physical benefits of yoga are just one of "pratyayama," or speech, and promote relaxation. Consequently, yoga can calm the mind and increase clarity. Regular yoga practice has been linked to symptoms of anxiety and depression. Meditation, an integral component of yoga, by cultivating mindfulness and individual development, resilience, original proactive responses to life's challenges. Yoga also has a profound spiritual dimension, indeed, there are the various guides without guidelines known as non-violence, truthfulness, and content, guiding practitioners toward a life of love. The ultimate goal of yoga is *paramatma* (the divine), where this state may become everyone's incorporate into their daily spiritual living, can help individuals come on a deeper level.

in recent decades, though this general cultural context is modern, its adoption varies greatly, with different countries and often-blended traditional practices, with an inclusive practice.

Yogo's enclosing appeal lies in its obscuring, whether seeking physical fitness value in this ancient practice. An enhancing quality of life and healthiness

100

REFERENCES AND NOTES

REFERENCES AND NOTES



ANSWER = THE CROWN PRINCE

- »»» Yoga originated in India over 5,000 years ago.
- »»» The word "yoga" comes from the Sanskrit word meaning "separate."
- »»» Physical postures in yoga are known as "asanas."
- »»» Regular practice of asanas can only improve flexibility, not strength.
- »»» Pranayama, or breath control, is a practice that helps reduce stress.
- »»» Yoga has no impact on cardiovascular health.
- »»» Meditation is not a component of yoga.
- »»» The ethical guidelines in yoga include principles like non-violence and truthfulness.
- »»» The ultimate goal of yoga is achieving a state called "samadhi."

ANSWER 3 - WHICH AUTHOR IS QUOTED?

22-23. Напиши скончательное предложение, в котором бы не было глагола «быть».

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» In what ways can yoga support cardiovascular health?

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Miriam Myers

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Yoga for the Special Child Sonia Sumar,1998 An innovative and easy to follow program for parents educators yoga teachers and health care professionals The book includes A step by step integrated system of yoga poses designed to increase cognitive and motor skills in children with learning and developmental disabilities Specialized breathing exercises and relaxation techniques to improve concentration and reduce hyperactivity And early intervention program to assure the healthy formative development of infants and toddlers *El-Hi Textbooks in Print* ,1984 *CD-ROMs in Print* ,1998 *The Multimedia and CD-ROM Directory* ,1998 *Vertical File Index* ,1976 **International Encyclopaedia of Yoga & Occultism** Dr. Vikram Singh,2010 *The Theosophist* ,1884 **Media Review Digest** C. Edward Wall,2003 **Lucifer** ,1890 **Buddhism in Translations** Henry Clarke Warren,1896 *The ... Yearbook of the National Reading Conference* National Reading Conference (U.S.). Meeting,1990 **Schwann** ,1988 *The Compu-mark Directory of U.S. Trademarks* ,1990 **New Age Journal** ,1990 *Chambers's Encyclopædia* ,1871

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