

HEALTH BENEFITS OF YOGA



REDUCES
INFLAMMATION



IMPROVES
HEART FUNCTION



INCREASES
STRENGTH



IMPROVES
SLEEP



IMPROVES
BODY IMAGE

Yoga Practice Benefits Free

Patañjali



Yoga Practice Benefits Free:

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Yatan Yoga Raman Das Mahatyagi,2007 A most informative and practical guide YATAN Yoga embraces both classical and scientific perspectives blending the Vedic sciences of Yoga Ayurveda Tantra and Astrology with a modern understanding of the body s physiology to describe a complete yoga practice for creating improved physical emotional and spiritual wellbeing YATAN Yoga contains more than 400 colour photographs detailing over 80 yogic practices including

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