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Yoga: Yoga for the Inner Peace: The Benefit of Yoga for Living and Mindfulness (Paperback)

By Black Pearl

Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. The Book YOGA FOR THE INNER PEACE (The Benefit Of Yoga For Living And Mindfulness) talks about how what yoga is, and it benefits for living and mindfulness. Chapter one emphasizes on what yoga is specifically, and learning yoga is entirely different from when yoga came into existence in which one doesn't have to go through a long process to learn yoga. This chapter also emphasizes on the various types of yoga specifically the useful five which is most common in today's world. Chapter two highlights on the benefit of yoga for the mind and body in which many have tried and seen the benefits of yoga practices in the far east and specifically in the United States and its advantages consist of endurance, energy, and balance. It also talks about the benefit of yoga for overall health and stress relief in which it reduces stress, improved fitness, weight loss and managing some health disease as well. It also talks about the numerous benefits of yoga for the body and mind as its benefits outweigh its risks....



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