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16 Incredible Stories of Healing Through Yoga ... Encouraged by doctors for almost two decades to only do light exercise, I grabbed

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onto the fear that if I overdid any activity, I would be stuck with a painful flare-up. ... a basic and invincible goodness at the core of my life. I walked out of that class in tears and [went] back the next day.

## *16 Incredible Stories of Healing Through Yoga - Sonima*

Yoga is about creating an internal union that can happen in any posture, from sitting cross-legged, to Scorpion pose. 5. We can store a lot of emotional energy in the physical body. Emotional tension is easily stored in the physical body, particularly around the hips and shoulders.

## *9 Things Every Beginner Should Know About Yoga*

Yoga is a vast collection of spiritual techniques and practices aimed at integrating mind, body and spirit to achieve a state of enlightenment or oneness with the universe. What is normally thought of as "yoga" in the West is really Hatha Yoga, one of the many paths of yoga. The different paths of yoga emphasize different approaches and techniques, but ultimately lead to the same goal of ...

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Yoga is a path of health, relaxation and happiness. We cleanse

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systematic our body and mind of the tensions (samskaras). This gives us inner happiness, healing and ongoing health. The body becomes healthy. The mind becomes positive. We get the properties of inner peace, inexhaustible energy,...

*Yoga Basic Knowledge: Exercises, Stories, Meditation and ...*

Kundalini yoga is a type of yoga that involves chanting, singing, breathing exercises, and repetitive poses. According to research, it may help ease stress and anxiety, improve cognitive ...

*Kundalini Yoga: Poses, Benefits, Steps for Beginners*

Are you a beginner to yoga? Watch this video to learn basic yoga stretches for beginners to increase flexibility & blood circulation. <https://www.youtube.com...>

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