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Poses Posture
Pictures And

Bikram Yoga Poses Posture Pictures And Benefits

In print since 2008,

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Poses Posture
the Hot Yoga

MasterClass manual
is finally available as
a travel-friendly FULL-
COLOR paperback.
Long-considered as
the quintessential 'Hot
Yoga Bible' it
continues to receive
glowing 5-star
reviews; from hot
yoga students
(beginners to
advanced) teachers

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Poses Posture
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Benefits

(Bikram and hot yoga)
and would-be
teachers from around
the globe. In this
updated FULL-
COLOR 3rd edition,
Gabrielle Raiz distils
her wisdom,
knowledge and
experience into a
practical and easy to
understand manual
with meticulous detail.
Every pose is

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thoroughly
deconstructed, has an
extensive section
showing specific
common mistakes;
and of infinitely more
help, how to correct
them, to dramatically
improve your yoga
practice. A
professional dentist in
the 80s and 90s,
Gabrielle brings her
medical knowledge

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and deep understanding of physiology and the body and presents you with an approach that is both precise and anatomically correct. With Gabrielle's guidance you will know what to do if you are:
Inflexible; Injured;
Have restricted movement; Pregnant.

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Benefits

With over 700 detailed photos, this beautiful instruction manual gives you the tools to deliver superior results for your mind, body and spirit and enhance the meditative aspects of your yoga.

Regardless of your experience; whether you are a flexible noodle or as stiff as a

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Poses, Posture,
Pictures And
Benefits
board; if you practice
at home or in a studio,
Hot Yoga

MasterClass is
designed to get the
most out of your
practice. "Gabrielle
Scanlon teaches yoga
with the detail and
insight you really
need to transform
yourself and your
practice. Using this
beautiful book, you

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Poses Posture

will be able to

Pictures And

overcome physical

Benefits
and mental limitations

you thought were

permanent, and move

to a new level of

practice that is difficult

to achieve just

through attending

class or practising

alone. I use tips and

adjustments that

Gabrielle taught me

every day of my life,

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Poses Posture

and her book is an
inspiration, thank

you." - Olivia Williams,

actor: The Sixth

Sense, Dollhouse,

The Ghost Writer

In typical academic

circles, texts must be

critiqued, mined for

the obfuscated

meanings they hide,

and shown to reveal

larger, broader

meanings than what

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are initially evident.

To engage in this type of writing is to perform an authentic version of scholarship. But what if a scholar chooses instead to write without critique? What if they write about travelling, their children, food, grocery shopping, frozen garlic bread, sandwiches,

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condiments, falafel,
yoga, and moments
that normally

wouldn't be
considered scholarly?
Can the writing still be
scholarly? Can
scholarly writing be
authentic if its topics
comprise the
everyday? In
Authentic Writing, Jeff
Rice uses this
question to trace a

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position regarding
critique, the role of the
scholar, the role of the
personal in
scholarship, the banal
as subject matter, and
the idea of
authenticity. He
explores authenticity
as a writing issue, a
rhetorical issue, a
consumption issue, a
culture issue, and an
ideological issue.

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Rather than arguing for a more authentic state or practice, Rice

examines the rhetorical features of authenticity in order to expand the focus of scholarship.

Bikram, the "hot yoga" program, has been heating up the yoga world lately, and its founder probably has something to do with

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it: The outspoken,
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Benefits
dramatic, and always
controversial Bikram

Choudhury has
garnered a lot of
attention with his
version of hatha yoga
that some yogis think
unorthodox: In his
classes, students are
stuck in a room
heated to at least 105
degrees doing a
structured program of

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26 asanas with a
sergeant-like

instructor—and they
love it. Bikram Yoga
will emulate that same
energy. With his
take-no-prisoners
philosophy, Bikram
describes how the
program can reap
great medical,
physical, and spiritual
benefits—the poses
work out every part of

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Poses, Posture

the body, all of which
Pictures And
can help alleviate

Benefits
many common

ailments, from asthma
to back pain.

(Photographs will
accompany each
pose.) In addition, the
book offers the best
ways to incorporate
eastern philosophy
into a western lifestyle
and tips on how yoga
can cultivate "a union

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Poses Posture

between body and spirit." Simply put, you don't have to meditate passively to reap the benefits of yoga.

'An often surprising and always sure-footed survey of the magic of yoga and Calcutta's role in bringing it to the world'

JOHN
ZUBRZYCKI

'Interweaving

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Poses Posture

historical facts with
Armstrong's own

experiences ... the

result is a book which
is neither an

autobiography nor a

purely scientific work -

quite a unique mixture

... it moves me'

CLAUDIA

GUGGENBÜHL 'I

wish I was doing what

he is doing [in

Calcutta Yoga]'

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BISHWANATH
GHOSH The epic
story of how Buddha
Bose, Bishnu Ghosh
and Yogananda took
yoga from Calcutta to
the rest of the world.
In Calcutta Yoga,
Jerome Armstrong
deftly weaves the
multi-generational
story of the first family
of yoga and how they
modernized the

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ancient practice. The
saga covers four
generations, the
making of a city,
personal friendships,
and shines light on
the remarkable
people who
transformed yoga and
made it a truly global
phenomenon. Along
the way, we also meet
the people who
founded the schools

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Poses Posture
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Benefits
of yoga that are so
well known today.

Enriching the cast of
characters are the
internationally
renowned B. K. S.
Iyengar, Mr Universe
Monotosh Roy, even
as the book uncovers
the truth about Bikram
Choudhury, the
founder of Bikram
Yoga. We follow them
and others from the

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streets of Calcutta to the United States, London, Tokyo and beyond, where they perform astounding feats and help revise Western perceptions of yoga. Cleverly researched and enjoyably anecdotal, Calcutta Yoga gives a holistic picture of the evolution of yoga, and pays homage to yogic

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heroes previously lost from history, while highlighting the pivotal early role the city of Calcutta played in redefining the practice. A culmination of rigorous fieldwork and numerous interviews, this book is as much about yoga as it is about history, relationships and

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human nature.

Hell-Bent: Obsession,
Pain, and the Search
for Something Like
Transcendence in
Competitive Yoga
The Top 100 Best
Yoga Poses: Relieve
Stress, Increase
Flexibility, and Gain
Strength
Peace Love Yoga
The Yoga Sutras Of
Patanjali

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Roses Posture
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Bikram Vocal Yoga
Bikram's Beginning
Yoga Class

Bikram yoga is a type of yoga which originated in India and became popular in the early 1970s. The founder of this yoga, Bikram Choudhury is also

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***the pioneer of the
Yoga College in
India. He was
born in the year
1946 in Kolkata
and started
practicing yoga at
a very young age.
Bikram
Choudhury was a
renowned
champion of the
All-India National***

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Yoga

Championship

and is also known

for his singing

and writing

talents. Bikram

yoga was created

from the

traditional hatha

yoga techniques

and follows a

series of 26

postures. The

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Poses Posture

***yoga poses
normally takes 90
minutes to***

conduct and is

practiced in a

room heated up

to 40-degree

centigrade, with a

humidity of 40

percent. Along

with the 26

postures, it also

includes two

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Benefits*

***breathing
technique.
Bikram yoga
allows the body to
completely
stretch out and
sweat from all
pores. It is a good
technique to
relief stress, pain
in joints, body
aches and heals
chronic injuries.***

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***It also tones up
your body, helps
to reduce weight,
lower blood
pressure,
revitalizes your
body and
increases life
span. Practicing
Bikram yoga
doesn't have any
side effects apart
from the body***

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*Poses Posture
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**being dehydrated
due to excessive
sweating.**

***Therefore, it is
advisable to drink
plenty of water
before you start
the yoga session
and even after to
maintain the
liquid in your
body. In this book
I'll show you how***

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*Poses, Posture
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***to perform the
postures and why
it is beneficial for
your health to
start practicing
Bikram yoga
today. Actually,
this Bikram yoga
benefits not only
your body but
also your mind
and soul. When
you start to***

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Poses Posture

***practice this
series of poses,
by the end of it,
you will feel
unusually
peaceful,
complete and
calm. You will be
free of all tension
and stress and
will learn to relax
in a totally
wholesome way.***

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*I'll be dividing
this book into
seven chapters*

*for quick and
easy reading. The
first chapter of
this Bikram Yoga
book will let you
know the basics
and will prepare
you for the yoga.
The following five
chapters will*

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*Poses Posture
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Benefits*
**show you how to
perform all the
different postures
of Bikram Yoga in
the correct way
and explain its
benefits. So, let's
get started!**

**This fully-
illustrated New
York Times
bestseller
categorizes an**

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*Poses, Posture,
Pictures And
Benefits*
**astounding 2,100
yoga poses
through**

**photographs and
descriptions for
optimal benefit
including
adaptations for
all levels of
expertise and
ages. A**

**thoughtful,
inspiring, meticulous**

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***ously-crafted
guide to the
practice of yoga,
2,100 Asanas will
explore hundreds
of familiar poses
along with
modified versions
designed to bring
more healthful
options to yogis
of all experience
and ability.***

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Organized into eight sections for the major types of poses -- standing, seated, core, quadruped, inversions, prone, supine and backbends -- and each section gently progresses from easy to more challenging. Each

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pose is accompanied by the name of the pose in English and Sanskrit, the Drishti point (eye gaze), the chakras affected and primary benefits.

***Red Hot New
"Meditation &
Yoga Tips You***

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***Wish You Knew!"
Release!!! Gain
more time out of***

your day and your

life and discover

the intriguing

new way of

practicing Yoga

and meditation

for more

happiness,

insight, healthy

and productivity

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***that even works
for you if you only
have 5 minutes
per day and are a
very busy person.
Inside this
amazing and
exciting new book
compilation of 3
books you will be
discovering how
to empower and
enrich your body***

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*and mind and
become a more
productive and*

*more successful
YOU! Book 1: 15*

Amazing Yoga

Ways To A

Blissful & Clean

Body & Mind

Book 2: Daily

Yoga Ritual Book

3: Turbaned

Gurus, Sing-Song

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**Matras & Body
Contortions -**

**Volume 1 You will
love discovering
some new aspects
of Yoga &
Meditation and
the connection of
Meditation &
Yoga that you
might not have
considered yet. If
you love Yoga**

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Benefits
***and/or Meditation
you will love this
compilation to
broaden and
deepen your Yoga
and Meditation
perspective.***

***Forget the old
concept because
there is no need
to waist your time
and every reason
to do Yoga and***

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***Meditation the
new and 5 minute
quick way so that***

***you will gain
more time out of
your day and your
life! Learn the
new way of Yoga
and meditation
today if your
dream is escaping
a boring lifestyle,
empowering***

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***yourself, or just
living more for
yourself with less
stress and 100%
happiness, this
book compilation
will give you
some amazing
insights into the
wonderful world
of Yoga and
Meditation and
how both***

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*connect. Inside
this Yoga &
Meditation
lifestyle*

*compilation you'll
discover: * 5*

*Minute Per Day
Yoga Routine **

*The Yoga-
Meditation*

*Connection * The
Basic Yoga Sutras
For Beginners **

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***Yoga Poses For
Busy People * The
Body Mind
Connection *
Awesome Yoga
Ways For
Beginners *
Meditation
Techniques For
Happiness,
Health & Inner
Wealth much
more...***

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***Physical Postures
(Asanas) Are The
Most Important
And Often The
Only Constituent
Of Modern Yoga.
Many
Practitioners
Believe That The
Postures Derive
From An Ancient
Original Set Of
Eighty-Four***

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***Asanas. This
Book, For The
First Time,
Traces Traditions
Of Eighty-Four
Postures By
Examining
Original
Materials,
Including
Drawings,
Descriptions In
Older Indic Texts***

Page 50/193

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Poses, Posture

***And Modern
Publications***

Which Reflect

Contemporary

Traditions. It Also

Takes Up A

Number Of Broad

Issues Related To

The Topic Of

Yoga Postures So

As To Provide The

Reader With A

Larger Context.

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***Kundalini
Revised and
Updated
Discover a
Beautiful Hot
Yoga Practice,
Precision
Techniques for
Beginners to
Advanced
3 In 1 Box Set:
Book 1: 15
Amazing Yoga***

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**Ways To A
Blissful & Clean
Body & Mind**

**Book 2: Daily
Yoga Ritual Book**

**3: Turbaned
Gurus, Sing-Song
Mantras & Body
Contortions -**

**Energising,
Rejuvenating,
Healing**

Intellectual

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***Property: The
Law of
Trademarks,
Copyrights,
Patents, and
Trade Secrets***

A guide to
yoga poses and
exercises, the
health
benefits to be
derived from

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them, and
their
incorporation
into one's
daily life.
Two giants in
their fields,
Dr. Bikram
Choudhury,
creator of
Bikram Hot
Yoga (r) and

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Dr. Lillian
Pictures And
Glass, world
Benefits
renown

communication

and body

language

expert, have

joined forces

to allow you

to enrich your

life, so you

never feel

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self conscious
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or insecure
again. Now you
will never
have to hold
yourself back
from any of
your dreams,
ambitions,
business or
social
interactions

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because you
will have all
the confidence
producing
tools that you
need through
the pages of
this book. In
this easy to
read, easy to
follow
photographic

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instructional
manual, Bikram
will

demonstrate
each of the 26
specific
Bikram Vocal
Yoga (r)
Postures. In
addition you
will learn the
10 Speech and

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10 Body
Pictures And

Language

Benefits

Exercises to
help stimulate
confidence.

Additionally,
Dr. Choudhury
and Dr. Glass'

"Essential
Secrets for
Achieving
Confidence"

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will inspire

Pictures And
and motivate

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you so you can

live your life

to the

fullest.

A self-help

workbook for

individuals

seeking

guidance in

managing

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personal
stress. It
contains a
combination of
insightful
content and
original self-
assessment
exercises with
the overall
purpose of
creating a

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Poses, Posture
sound and
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successful
Benefits
stress

management
program.

Kundalini has
been called
the energetic
key to
enlightenment
and the secret
to well-being

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and wisdom.

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Complex and
powerful, this

mysterious

energy is

often linked

to sacred sex

and our

spiritual

mission.

Kundalini is

one of the

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most
discussed, but
least

understood,
forms of
divine energy.
So what is it,
really?

Renowned
intuitive
healer Cyndi
Dale presents

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concrete yet
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comprehensive
guidance to
help you truly
understand
kundalini
energy and how
to use it to
transform your
life
spiritually
and

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physically.
Recognizing
and

integrating
this sacred
energy is
essential to
achieving
vibrant
health, having
better and
more

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meaningful
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relationships,
Benefits

and finding
your life's
authentic
purpose.

Featuring the
latest
scientific
research, this
guide also
explores

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mystical
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practices such
as breathwork,
tantra, and
mantras, and
offers
illuminating
first-hand
accounts from
Cyndi's
healing and
teaching

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practice.

Praise: "An
informative
read for
anybody who
has been
curious about
one of yoga's
lesser-known
forms."—IASPA
Magazine
Poses And

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Their Benefits
From
Counterculture
to Pop Culture
Holy Yoga
Meditation &
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- 3 In 1 Box
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Communication
and Body

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Language

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Skills to

Benefits

Increase

Confidence and

Enrich Your

Life

A Stress

Management

Workbook

Benjamin Lorr

walks into his

first yoga

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studio on a
whim,
overweight and
curious. A run-
in with a
competitive
yoga champion
means his
simple desire
to tone up soon
transforms into
obsessive
training for a

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national
championship.

But this is
Bikram Yoga,
distinguished
from more
'conventional'
forms by
extreme heat,
an overt,
almost
masochistic
focus on pain,

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and the rabid
materialism of
its founder,

the enigmatic
Bikram

Choudhury. Hell-

Bent is a look
at the science
behind a

controversial
practice, a

story of greed
and corruption,

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and a mind-
bending tale of
personal
Benefits

transformation
that will
change the way
you view both
yoga and the
inspirational
potential of
the human body.

A Mindfulness
coloring book

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for yoga lovers
and Health,

Fitness &

Dieting: Is the
Great

Experience,
Great Value.

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Your Health

With Yoga!

Learn why
successful

people like

Beyoncé, Ryan

Gosling and

Arianna

Huffington all

practice yoga!

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54+ yoga poses
with step-by-
step

instructions to
develop your
own yoga
practice: Do
you often feel
stressed,
tense, or even
anxious? Would
you like to
live a

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healthier and
happier life
instead? Now

you can: 'The
Yoga Bible For
Beginners' will
allow you to
reconnect with
your deepest
self again, so
you can
experience deep
joy,

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contentment and
inner peace.

Get Your Copy
of 'The Yoga

For Beginners:

Moreover, yoga
has been shown
to alleviate

symptoms of: -

Back pain -

Scoliosis -

Fibromyalgia -

Heart disease -

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Stress As well
as help to: -

Become more
flexible -

Normalize blood
pressure, and -

Lose weight -

And that's just
the tip of the
iceberg Get

Your Hands on
'The Yoga For
Beginners:

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According to a recent study, the number of

Americans that practice yoga regularly has grown from 20.4 million in 2012 to a staggering 36 million in 2016! And that number has likely only

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increased since
then. This many
people can't be
wrong... In
today's world,
we are
constantly
stimulated and
tempted to keep
up with
Joneses. As a
result, many
people have

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lost the connection between their mind and body. Sound familiar? Yoga can help restore this balance. For example, one study showed that yoga - even when practiced for

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the very first
time! - can
lower cortisol

levels, a
stress hormone.

Enjoy beautiful
pictures of all
the major yoga
poses: Yoga is
well known for
increasing
flexibility,
but it goes far

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Benefits

beyond giving
your muscles a
good stretch.

This form of
exercise can be
as intense as
you want to
make it! At the
same time, it
is extremely
easy to begin
and it fits
smoothly into

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any lifestyle.

Pictures And
Benefits
If you only
have ten

minutes to

spare, that's

all it will

take to reap

many benefits

from yoga. Then

be sure to

enjoy the many

pictures and

descriptions

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throughout the
book showing
the proper

techniques. The
purpose of yoga
is to enhance
both your
physical well
being and your
mental
alertness. Yoga
is an effective
workout

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strategy
practiced by
people all over
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you. Why You
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your own guided
relaxation. If
you apply what
you will learn
in 'The Yoga
Bible For
Beginners',
your life will
never be the
same. So, take
out your mat
and get ready
for your first

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pose! Let's get
started, shall
we?

For more than
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the balance and
well-being they
seek in their
everyday lives.

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to inform and
empower readers
to make
lifestyle
choices that
are healthy for
their bodies
and minds. We
are dedicated
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thoughtful
editorial on
topics such as

yoga, food,
nutrition,
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travel, and
fashion and
beauty.

Hot Yoga is
based on Bikram
Yoga. Bikram

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yoga is a system offering a series of 26 postures, designed to restore vitality, heal, and help prevent a range of common chronic ailments. It differs from

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traditional
yoga, as it
performed in a
heated room,
equipped with
mirrors - hence
the name hot
yoga (which
Bikram himself
does not use).
The room is
heated to at
least 100F

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(38C). The
poses posture
pictures and
benefits
postures are
easy to learn,

and can be
approached from
any level of
strength and
flexibility.

The theory is
that when the
body is cold it
is difficult to
move. Warmed up

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muscles make
the body more
pliable, so

that you can
achieve a
deeper stretch.
The heat also
helps to flush
out toxins and
impurities.

'Stretching in
the heat is
actually very

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comfortable and
I sensed my
body opening up
in a way it
simply can't do
at lower
temperatures...In
short, I am
addicted.'

Evening

Standard,

February 2000

Hot Yoga

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MasterClass

The Guru Behind
Hot Yoga Shows

the Way to
Radiant Health
and Personal
Fulfillment

2,100 Asanas

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SCOLIOSIS

Learn How to
Invert, Float,
and Fly with

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trends and
developments,
the new edition
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technological
innovations,
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excerpts of real
cases, and a
new "Putting It
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feature help
students master
key concepts
and procedures.
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"Do you feel
sluggish,
mentally

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exhausted, or
disconnected
from life?

Whether you
want to (1)
increase your
strength and
flexibility (2)
relieve pain and
prevent injury,
or (3) reduce
stress and

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become happier,
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then keep
Benefits
reading to

discover how to
easily do this
with the best
yoga positions of
all

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one-term or
shorter course,

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practical skills
and techniques
to handle the
daily stressors in
life. As one of
the fastest
growing health
crises

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worldwide,
award-winning
author Brian

Luke Seaward
explores stress
management
from a holistic
framework,
involving all
aspects of mind,
body, spirit, and
emotions. Using

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uncovers both
the theory and
effective
application of
stress
management
techniques and
various aspects
of personal

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wellness. The
integrated
workbook
includes
numerous
exercises in
each chapter
which urge
students to
assess their
personal
stressors and

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awareness from
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presents nearly
650 full-color
photos to
visually
demonstrate 77
standard poses
from hatha yoga
that apply to all
major hatha
styles including
Iyengar,

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Astanga,
Anusara, and
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Individual poses are presented from start to finish, showing you how to achieve proper alignment and breathing to ensure

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challenging yet
safe execution.

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The result is an
increase in the
effectiveness,
both physically
and mentally,
you'll

experience with
each pose.

Several pose
variations based

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on your personal
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preference,
Benefits
ability, and

fitness level are
also included.

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yoga routines
show how to
assemble the
poses into
workouts that
meet your

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specific time,
difficulty, and
intensity

parameters.

Colorful and
comprehensive,

Hatha Yoga

Illustrated is

organized for

your ultimate

convenience

and use. Use it

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to guide your
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muscles, as well
as your mind,

and increase
strength and
stamina, reduce
stress and
anxiety, reduce
blood pressure,
and increase
flexibility.

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Yoga Journal
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Selling Yoga
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Yoga Body
Authentic
Writing
Close to Om
**Beautifully
Designed Yoga
Poses Chart /
Mini Poster
That Will Help
as You Learn**

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**Yoga Yoga Poses
Pictures And
Benefits**
Chart can be
used either as
a reference
chart to
memorize the
Yoga postures
or it can be
put up on the
wall as a mini-
poster to refer
to while you
practice. It

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**consists of two
separate panels
of 11x17". Its
nice design
fits in well at
home or in a
Yoga studio. If
you're looking
for Yoga gifts
for a friend or
Yoga instructor
this makes a
great choice**

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since it's
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something just
about anyone
into Yoga can
use.

Andrea Marcum's
Close to Om is
a beautifully
illustrated,
practical and
philosophical,
yoga book that
promotes and

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teaches

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mindfulness in

Benefits

both your yoga

practice and

your everyday

life. Before

Marcum was a

sought after

celebrity yoga

teacher, she

was someone who

thought she

couldn't do

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yoga because

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she couldn't be
still. Now

after sixteen
years of

teaching yoga,
she works with
network

executives,
global brands,
Hollywood

actresses, and
everyone in

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between. Yoga
is the yoke of
body, mind, and
spirit, and in
Close to Om,
Marcum offers a
guide to teach
all three
aspects of yoga
showcasing
Marcum's
signature
unique style,

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**this program
combines the
teaching of
poses with the
exploration of
yoga philosophy
and insight
into meditation
and
mindfulness. By
the end of
Close to Om,
readers will**

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not only know a
lot about yoga
and its poses,

but they'll
also know more
about

themselves: who
they are, what
they want, and
how to get
there—on and
off their mat.

The progression

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**in close to Om
is the
architecture of
every yoga
practice—and
will show
readers that
how they do
their yoga is
how they do
their life.**

**Yoga Therapy:
Theory and**

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clinician or
scholar looking
to integrate
yoga into the
medical and
mental health
fields.

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written by
expert yoga

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**therapy
practitioners
and offer**

**theoretical,
historical, and
practice-based
instruction on
cutting-edge
topics such as
application of
yoga therapy to
anger
management and**

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**the
intersection of
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and**

**epigenetics;
many chapters
also include
Q&A "self-
inquiries."**

**Readers will
find that Yoga
Therapy is the
perfect guide**

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**for
practitioners
looking for new
techniques as
well as those
hoping to begin
from scratch
with yoga
therapy.**

**This book
focuses on
yoga's
transcultural**

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**dissemination
in the**

**twentieth and
twenty-first
centuries. In
the course of
this process,
the term “yoga”
has been
associated with
various
distinctive
blends of**

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**mental and
physical
exercises
performed in
order to
achieve some
sort of
improvement,
whether
understood in
terms of
esotericism,
fitness, self-**

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**actualization,
body**

**aesthetics, or
health care.**

**The essays in
this volume
explore some of
the turning
points in
yoga's historic
o-spatial
evolution and
their relevance**

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**to its current
appeal. The**

authors focus

on central

motivations,

sites, and

agents in the

spread of

posture-based

yoga as well as

on its

successive (re-

)interpretation

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**and diversification,
addressing
questions such
as: Why has
yoga taken its
various forms?
How do time and
place influence
its meanings,
social roles,
and associated
experiences?**

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**How does the
transfer into
new settings
affect the ways
in which yogic
practice has
been**

**conceptualized
as a system,
and on what
basis is it
still
identified as**

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**(Indian) yoga?
The initial
section of the
volume**

**concentrates on
the re-
evaluation of
yoga in Indian
and Western
settings in the
first half of
the twentieth
century. The**

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following
chapters link
global

discourses to
particular
local settings
and explore
meaning
production at
the micro-
social level,
taking Germany
as the focal

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**site. The final
part of the
book focuses on
yoga
advertising and
consumption
across
national,
social, and
discursive
boundaries,
taking a closer
look at**

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transnational
and deterritori
alized yoga
markets, as
well as at
various classes
of mobile yoga
practitioners.
Divine Energy,
Divine Life
Yoga Traveling
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**Science} of
Personal Well-
Being**

**Theory and
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The basic questions
of Who Am I?
Where Am I Going?
What Is the
Purpose of Life?

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are asked by every generation, and Patanjali's answers (given in the third century BC) form one of the oldest spiritual texts in the world. 'That which unites' is called 'Yoga' - and is thus much broader than the form of exercise so

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popular today. It is
a way to restore
our lost wholeness,

our integrity as
complete human
beings, by unifying
the personality
around a centre
that is silent and
unbounded. Alistair
Shearer's superb
introduction and
translation bring

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these ancient, vital teachings to life in the modern world and are for all those who seek the benefits of self-knowledge.

Engaging with the growing popular and academic interest in the "spiritual but not religious," Andrea

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R. Jain explores the connections between the practices of global spirituality and aspects of neoliberal capitalism in Peace Love Yoga.

"Personal growth,"
"self-care," and
"transformation"
are all tropes in the

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narrative of the
spiritual identity

Jain is concerned
with. This

"spirituality" is
usually depicted as
firmly

countercultural: the
term "alternative"

(alternative health,
alternative

medicine,
alternative

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spiritualities) is
omnipresent. To
the contrary, Jain

argues, spiritual
commodities,
entrepreneurs, and
consumers are
quite mainstream
and sometimes
even conservative
and nationalistic.
Ranging from the
transnational to the

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economic to the
activist, Jain

refuses the single
narrative focus of
most works on the
SBNR; human
phenomena that
can be analyzed
through a single
lens or narrative
are few and far
between, and
existing research in

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this area too often
yields a

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suspiciously tidy
story. The heart of
the book includes
sophisticated
analyses of: two
politically divergent
but equally
entrepreneurial
and global-
capitalist yoga
gurus; "athleisure

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apparel"
corporations, such
as lululemon, that
successfully market
consumer goods as
a purchased
commitment to
social justice; and t
herapeutically-
focused
applications of
spirituality that
concentrate on

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healing the broken
person rather than
undermining the

system that broke
that person in the
first place. Many

spiritual

commodities,

corporations, and

entrepreneurs, Jain

suggests, do

actually

acknowledge the

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problems of
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neoliberal

capitalism and in
fact subvert them;
but they subvert
them through mere
gestures. From
provocative
taglines printed
across t-shirts or
packaging to calls
for "conscious
capitalism,"

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commodification
serves as a strategy
through which
subversion itself is
colonized.

Author Benjamin
Lorr wandered into
a yoga studio—and
fell down a rabbit
hole Hell-Bent
explores a
fascinating, often
surreal world at the

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extremes of
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American yoga.

Benjamin Lorr
walked into his first
yoga studio on a
whim, overweight
and curious, and
quickly found the
yoga reinventing
his life. He was
studying Bikram
Yoga (or "hot
yoga") when a run-

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in with a master
and competitive

yoga champion led
him into an
obsessive
subculture—a
group of yogis for
whom eight hours
of practice a day in
110- degree heat
was just the
beginning. So
begins a journey.

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Populated by
athletic prodigies,
wide-eyed

celebrities,
legitimate medical
miracles, and
predatory

hucksters, it's a
nation-spanning
trip—from the jam-
packed studios of
New York to the
athletic

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performance labs of
the University of
Oregon to the stage
at the National
Yoga Asana
Championship,
where Lorr
competes for glory.
The culmination of
two years of
research, and
featuring hundreds
of interviews with

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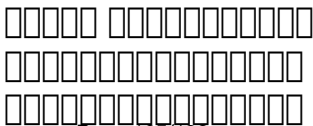
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yogis, scientists,
doctors, and
scholars, Hell-Bent
is a wild
exploration. A look
at the science
behind a
controversial
practice, a story of
greed, narcissism,
and corruption, and
a mind-bending tale
of personal

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transformation, it is a book that will not only challenge your conception of yoga, but will change the way you view the fragile, inspirational limits of the human body itself.



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—Master Swami

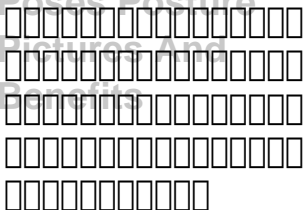
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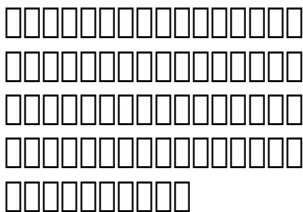
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Premodern and early
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comprise techniques

with a wide range of

aims, from turning

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true self, to turning outward for divine union, to channeling bodily energy in pursuit of sexual pleasure. Early modern yoga also encompassed countercultural beliefs and practices. In contrast, today, modern yoga aims at the enhancement of the mind-body

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complex but does so
according to
contemporary
dominant
metaphysical, health,
and fitness
paradigms.

Consequently, yoga is
now a part of popular
culture. In *Selling
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explores the
popularization of yoga
in the context of late-

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twentieth-century
consumer culture.

She departs from
conventional
approaches by
undermining
essentialist definitions
of yoga as well as
assumptions that
yoga underwent a
linear trajectory of
increasing
popularization. While
some studies trivialize

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popularized yoga
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systems by reducing
them to the mere

commodification or
corruption of what is
perceived as an
otherwise fixed,
authentic system, Jain
suggests that this
dichotomy
oversimplifies the
history of yoga as well
as its meanings for
contemporary

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practitioners. By

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discussing a wide

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cannot be

dismissed--that it has

a variety of religious

meanings and

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brands destabilize the

basic utility of yoga

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commodities and
assign to them new

meanings that

represent the

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The practice of yoga
has become hugely
popular in the West.**

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Most people assume (and many claim) that 'postural' yoga - characterized by the familiar, demanding, physical poses - is an ancient Indian tradition. But in fact, as Mark Singleton shows, this type of yoga is quite a recent development, with its beginnings traceable to the

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**middle of the 19th-
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here presents the
first in-depth study
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**Yoga has become
extremely popular in
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*benefits go well
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*Sheen discuss the
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