

Yoga For Your Health | Improve Your Health & Outlook In Life With Simple & Easy Yoga Exercises

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Who Else Wants To Live A Life Free From Stress? In a Few Minutes Every Day, you Can Start Improving Your Health (& Your Life) With Simple & Easy Yoga Exercises Improve Your Health & Outlook In Life With Simple & Easy Yoga Exercises Tuesday 9:12 am From: FBM Dear Friend, YOGA at last is coming into its own after many years of being dismissed as a bizarre cult attractive only to eccentrics. Yoga is now recognized as a fundamental art and skill. More than that, many of its most bitter opponents, people who were among the first to cry down Yogic culture, have now embraced it as a way of life. The ancients who formulated the science of Yoga were way ahead of us in our modern world of stress and hurry. Recognizing, thousands of years ago, mans basic need for discipline to counteract the physical and spiritual deterioration caused by the mere fight for survival, they evolved a science which is at once as ancient as India herself and as modern as the space age. The law of Yoga is the law of Life. Yoga embodies the secrets of successful living and combines profound and age-old truths with a way of life acceptable to the modern mind. But Yoga is not a religion, nor is it a mystic cult. It is a Hindu system of philosophic meditation and asceticism designed to effect the reunion of the devotees soul with God. It is a philosophy which integrates the individual life and the world surrounding us to achieve a basic harmony and equilibrium in the heart and mind of man. This book is primarily concerned with this Yoga of the physical body known as Hatha Yoga. While the body and the mind cannot be separated and the health of one affects the health of the other, I have laid stress on the day to day problems and ailments of the average person who wishes to improve his general health. Not everyone has the mystic vocation to achieve union with God, the Universal Spirit, which is the primary aim of all Yoga, but everyone would like to know how to improve his health. Many Westerners, moving as they do in a world of hurry and stress, feel that Yoga holds nothing for them and that the whole philosophy is rather remote, vague, and impractical. In this book my aim is to show readers how the ancient system of Yoga provides an effective answer to the many problems of our modern life. You can take an active part in the hurly burly of everyday living and Yoga will act as a protection from the numerous stresses of your environment. While

best results are obtained by exercising and practicing breathing and relaxation alone, nevertheless you need not become a hermit to achieve success and improved health through Yoga. Yoga for Your Health is now available in downloadable PDF file format. You can now get instant access to this ebook by clicking on the order button above! FBM marketing eBooks with Resell Rights Quality eBooks with Master Resale Rights and Plug-in Sales Websites! masterkeys.tradebit.com/files.php/1007 You need an Adobe Acrobat Reader installed in your computer to be able to view this manual. You can get a free Adobe Acrobat Reader by clicking [here](http://adobe.com/). adobe.com/

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