

# The Beginners Guide To Yoga & Meditation

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When one mentions yoga, many images may be conjured up. Perhaps you get an image of flower children from the 60s sitting in a circle with their legs in impossible positions chanting Ohm around a huge candle in a poorly lit room. Yoga is an ancient art that has been practiced for centuries. Over the years, it has risen in popularity as a way to stay fit, get in touch with ones inner self, and keep a balance of sanity in a sometimes insane world. Yoga is the most diversified spiritual practice in the world. Crossing over many cultures (including Hinduism, Buddhism, Jainism and the West), Yoga also extends over multiple languages such as Hindi, Tibetan, Bengali, Sanskrit, Tamil, Prakrit, Marathi and Pali. The Yogic tradition continues to proliferate and spread its message of peace to this very day. Learn yoga fast with this program and see the change immediately

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