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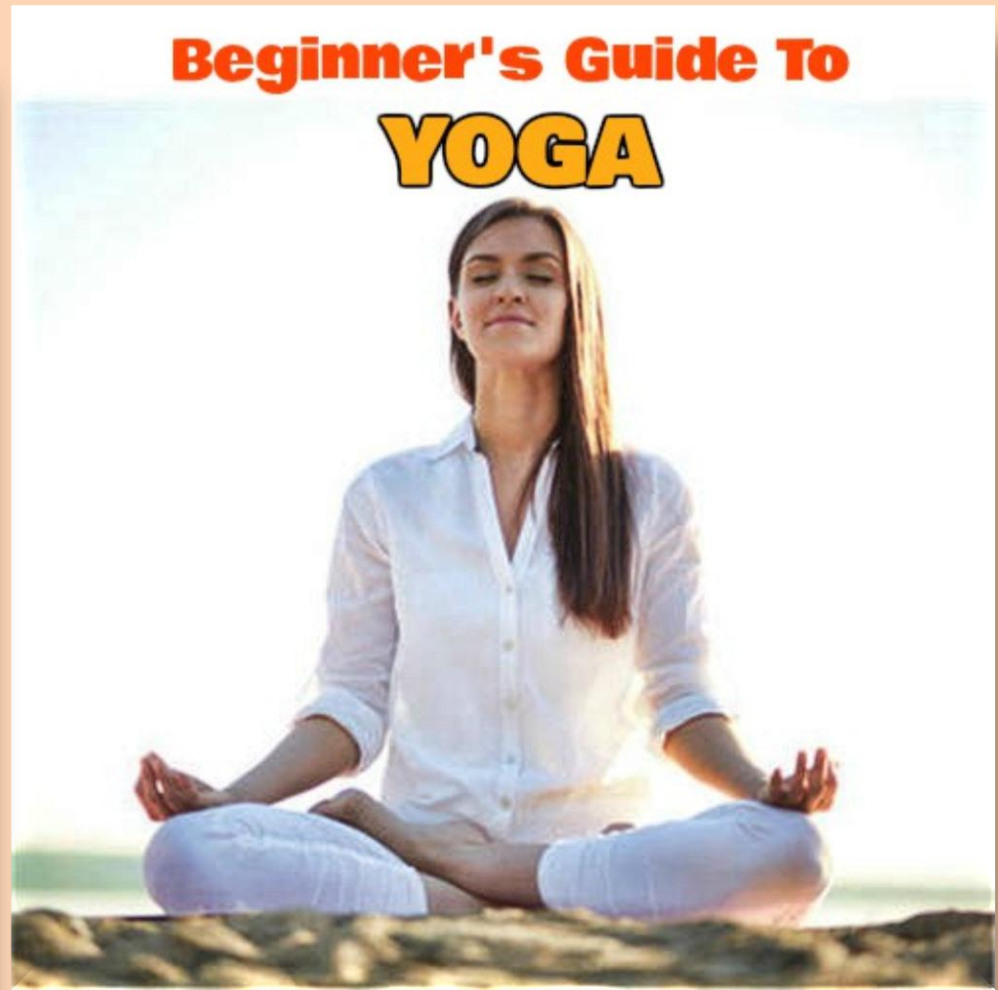
Here's What You Get:

Beginner's Guide to YOGA

This report is **22 pages, single spaced**.
There is no fluff, no filler, no nonsense.
Only high quality, helpful information.
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BEGINNER'S GUIDE TO YOGA

Introduction

As we march into this bright new millennium, we're constantly reminded of the fusion of east and west. Whether it's through satellite television programming that beams in productions from different cultures, enjoying books and music from distant lands that, only a generation or two ago, couldn't be accessed, and – of course – communicating with people across time and space through the Internet and other telecommunications advancements, the world has become a much smaller place. Indeed, when Marshall McLuan coined the term *Global Village*, even *he* probably didn't envision so much, so fast, so soon.

Riding the wave of information that now crisscrosses our tiny planet is something that has its roots in ancient history, yet is experiencing a blossoming in the west that continues to gain momentum with each passing year. Whether it's at a local YMCA or a lush spiritual retreat in the Everglades, **Yoga** is establishing itself as a mainstay in western culture; indeed, in *global* culture.

However, many people are reluctant to experience the physical, emotional, and psychological health benefits of yoga; and there is really only one major reason for this: **misinformation**.

While many people might truly enjoy yoga and find it to be the *side-effect free* answer to a lot of their emotional and physical ailments, they just don't know enough about the subject to take that first step.

Furthermore, a stereotype out there that seems to persist despite evidence to the contrary is that yoga is a *religious* following; and that to experience its many health benefits somehow obliges one to renounce their faith or, worse, run away to some commune and eat tofu in between chanting sessions.

While, yes, if you'd *like* to go to a retreat and enjoy tofu and chanting, that's probably possible (almost anything is possible, as long as it's legal and people want to do it, right?).

Yet that vision of yoga – people with shaved heads and handing flowers to strangers at the airport – is by no means the overall picture. Yoga is really a very simple, accessible, and in many countries around the world, *ordinary* thing to do.

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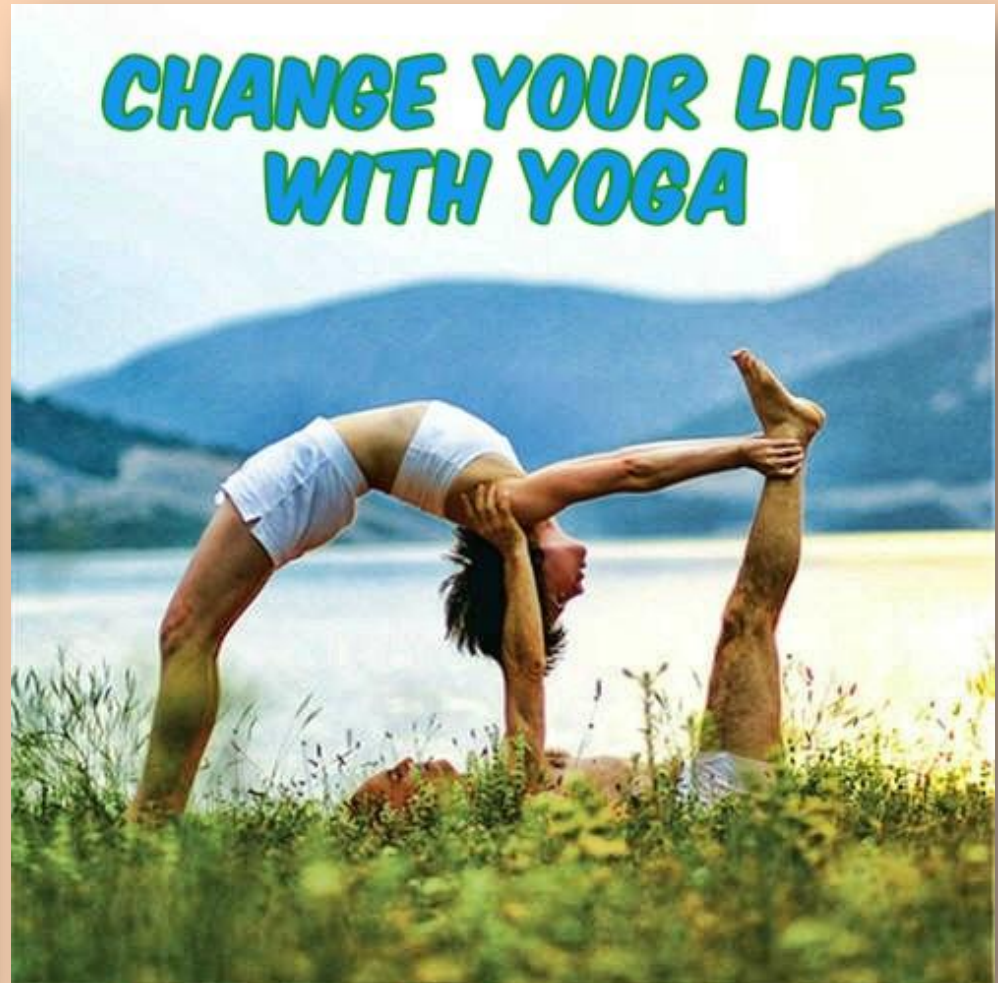
Here's What You Get:

Change Your Life With Yoga

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CHANGE YOUR LIFE WITH YOGA AND MEDITATION

INTRODUCTION

When one mentions “yoga”, many images may be conjured up. Perhaps you get an image of flower children from the 60’s 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 one’s inner self, and keep a balance of sanity in a sometimes insane world.

While yoga did come to popularity in the 60’s with Maharishi Mahesh Yogi who popularized Transcendental Meditation (TM) in the 60’s, because he was associated with the Beatles, yoga practitioners have brought the ancient practice to the forefront of wellness in recent years.

Many scholars believe that yoga dates back over 5,000 years to the beginning of human civilization. Scholars believe that yoga grew out of Stone Age Shamanism, because of the cultural similarities between Modern Hinduism and Mehrgarh, a neolithic settlement (in what is now Afghanistan). In fact, much of Hindu ideas, rituals and symbols of today appear to have their roots in this shamanistic culture of Mehrgahr.

Early Yoga and archaic shamanism had much in common as both sought to transcend the human condition. The primary goal of shamanism was to heal members of the community and act as religious mediators. Archaic Yoga was also community oriented, as it attempted to discern the cosmic order through inner vision, then to apply that order to daily living. Later, Yoga evolved into a more inward experience, and Yogis focused on their individual enlightenment and salvation.

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.

There are many different places that offer yoga classes – gyms, wellness centers, even the local YMCA. But you don’t have to join a class to practice yoga.

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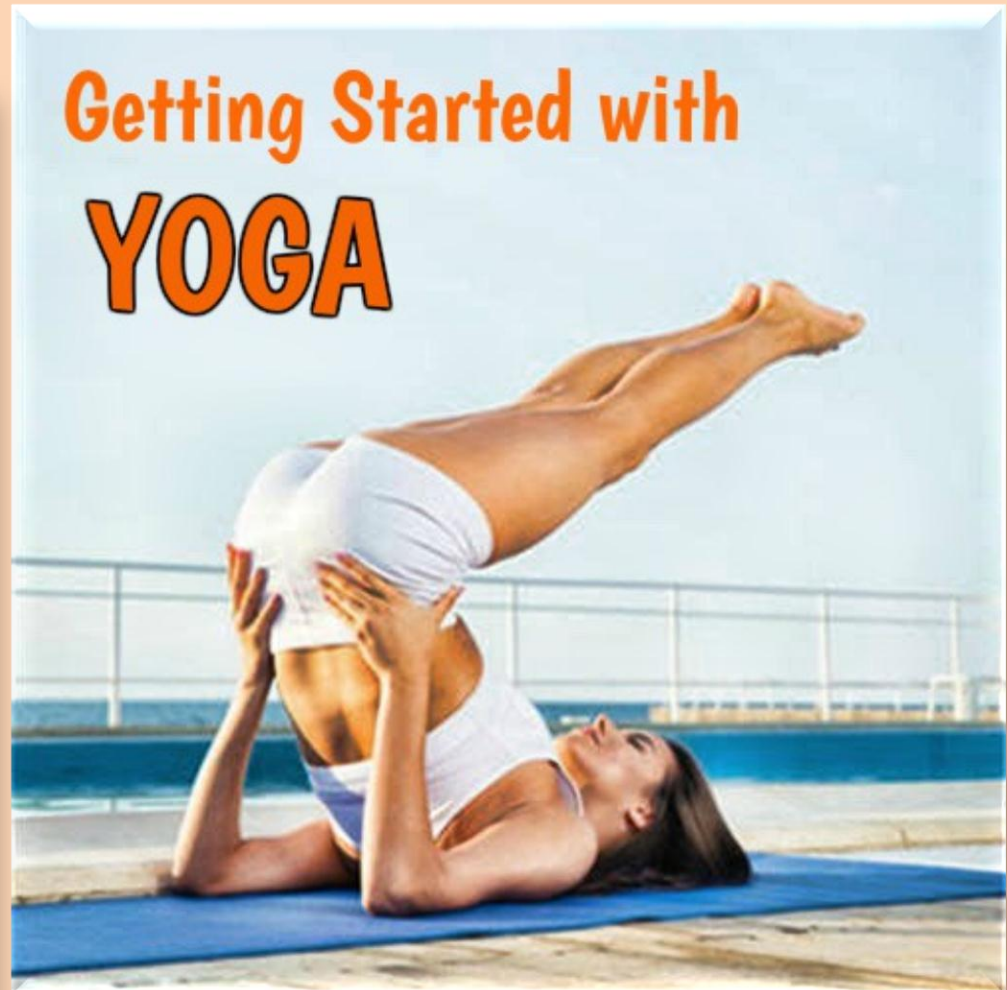
Getting Started with YOGA

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GETTING STARTED WITH YOGA

Benefits of Yoga

Practitioners of yoga talk about a unification of the body, mind and spirit acquired through practicing the yoga exercises and techniques.

One of the fundamental beliefs that yogis share is that the mind and the body are a unified structure, which can find its harmony and it can heal itself, when being in a proper environment. Due to these principles, as well as to the results obtained, many doctors consider yoga as having therapeutic results, and recommend it for curing a series of illnesses, mainly related to the nervous system.

Yoga is not a recent life philosophy. It has been practiced for thousands of years and during all this time, people benefited from the great results obtained. Furthermore, they conducted investigations, in order to clearly establish the areas in which people can obtain health benefits, by an extended practice. The information obtained after conducting the investigations was grouped in three categories, establishing that yoga practitioners are likely to observe improvements in what concerns physiological, psychological, biochemical aspects.

From the physiological point of view, prolonged yoga practices can cure pulse rate decreases, respiratory and blood pressure dysfunctions, it can contribute to stabilizing the nervous system equilibrium, to normalizing gastrointestinal functions and endocrine function, to increasing the joint range of motions, endurance level, energy level, immunity to diseases and cardiovascular efficiency, to improving eye-hand coordination, reaction time, dexterity skills, depth perception, sleep, etc.

The second category, comprising psychological benefits, points out that yoga can also contribute to increasing somatic and kinesthetic awareness, self-acceptance and self-actualization, social skills, well-being, as well as to improving concentration, memory, attention, mood, learning efficiency, symbol coding, etc.

As for the biochemical benefits of yoga, we can enumerate substantial decreases of glucose, sodium, cholesterol, total white blood cell and remarkable increases of vitamin C, total serum protein, hemoglobin etc.

Furthermore, various studies revealed that yoga exercises are extremely effective when it comes to increasing the level of joint flexibility, together with the level of lubrication of joints, ligaments and tendons. Another interesting aspect has to do

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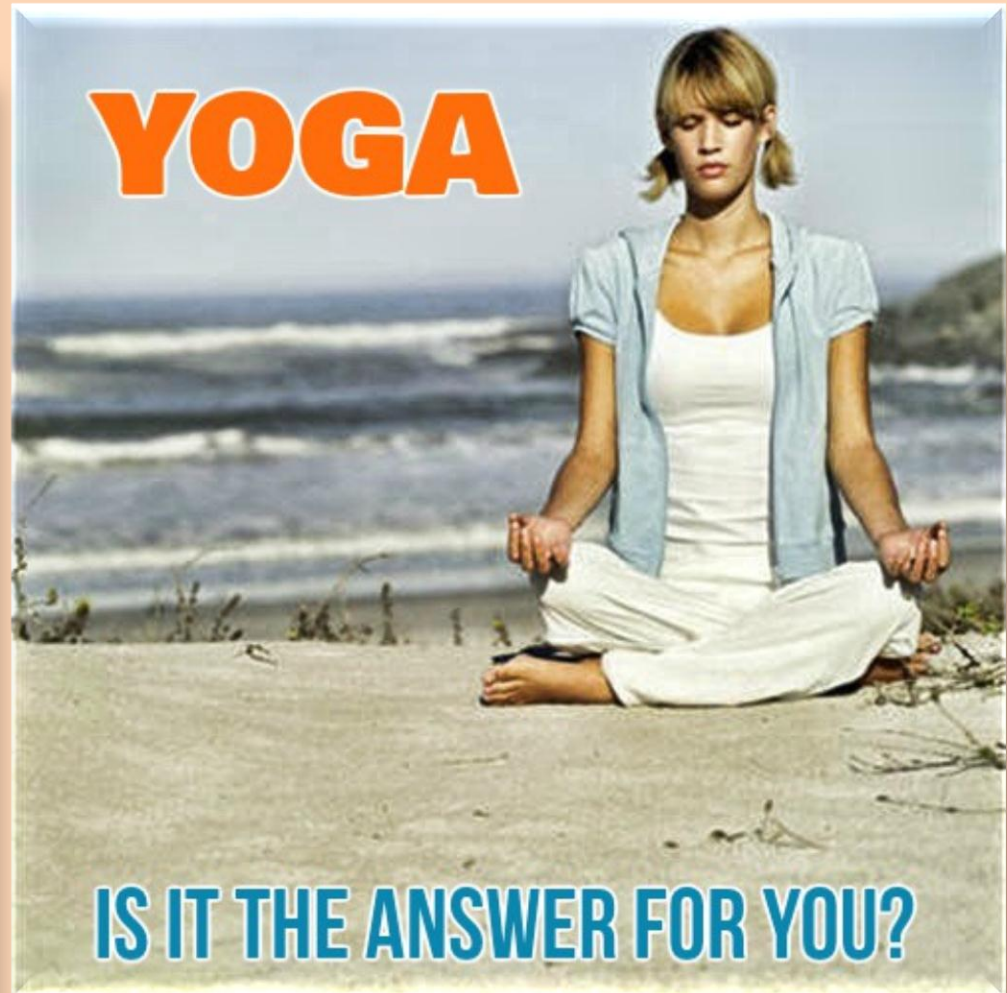
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YOGA Is It The Answer For You?

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YOGA: IS IT THE ANSWER FOR YOU

1

ONCE UPON A YOGI

Today's world is full of options for keeping in shape. Fitness methods pass through various phases of interest. There is always some "new" form of keeping the body in shape or toned appearing on the marketplace. There are the older muscle- or bulk-building exercise involved in weight and strength training. There are also other forms appealing to women such as jazzercise, and NIA. However, one of the constants over the past 4 decades has been yoga.

People are turning to yoga for many reasons. These range from managing stress to preventing health issues. Yoga is used to help heal the body from addictions. There are also those who decide to do yoga simply because it is "trendy." They attend yoga classes in yoga studios because a celebrity chooses to endorse it. There is also the lure of achieving a "yoga body."

Yoga is about the physical – about improving and toning the body. Yet, yoga is also about the spiritual development of an individual. In truth, yoga is a combination of movements and positions designed to develop the link between the head and the consciousness. Depending upon which form of yoga you choose, and there are many different forms, the focus will be on the exercises or positions (asana) or the development of the consciousness. Yoga intentionally includes aspects of conscious development of both the physical and the spiritual. This is an integral part of an ancient tradition that cannot and does not separate the body from the spirit/mind/soul.

The following chapters will open up the world of yoga. It will explain and simplify what can become a complicated subject. This book's intent is to expose the beginner to the different aspects of yoga. It will look at the typology of yoga as well as the basics. Chapters will examine the different approaches to yoga, as well as the bare essentials you will need to practice.

In doing so, this book will provide the information necessary to get any beginner started on the right path. To start off on the right foot, however, it is necessary to understand where the practice of yoga originated and the traditions. As a result, you will begin your journey by first looking briefly at the history and philosophy of yoga.

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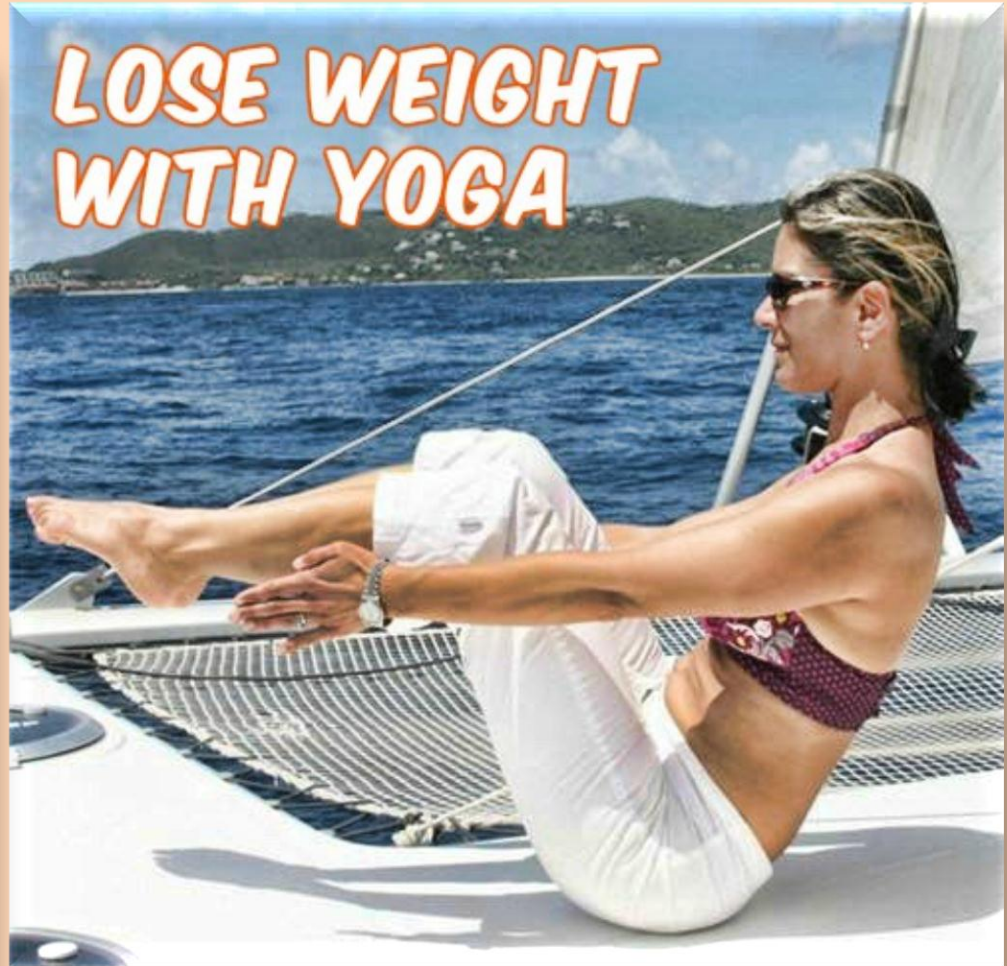
Lose Weight With Yoga

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Conclusion - Don't Procrastinate, Start Yoga Today

LOSE WEIGHT WITH YOGA

INTRODUCTION

Out of the many things that India is known for in her contribution to the world, 'Yoga' is perhaps one of the most important and popular exports. From the ancient times, the ascetics, the 'rishis' and the 'munis' of India have been practicing this form of art and science and deriving the benefits of enlightenment that accompany yoga.

What is Yoga and why is it important in today's world?

The importance of yoga in today's world has a lot of definitions floating around; however, if we go back to the roots of the word, we find that the term 'Yoga' has its origins in Sanskrit. It means to unite - Yoga helps the body to unite with the other vital metaphysical aspects of the mind and spirit. It is also often defined as a lifestyle which aims to have a healthy mind within a healthy body.

Most simply defined, yoga is a set of poses or 'asanas', coupled with breathing techniques, which help impart strength and flexibility to the body while helping to balance the mind and its' thinking. Unlike other physical forms of exercises, like the aerobics, by practicing yoga, one can not only achieve physical health, but also mental and spiritual well-being.

The aim of yoga is to promote overall well-being of the body. And though, it is found beneficial for a variety of conditions, it is not considered a therapy for specific illness. Unlike other forms of exercises, yoga has a more holistic approach to teach the people the right way to lead their lives disease free and stress free.

In today's world, all of us suffer from stress and a perpetual anxiety to perform well, leading to a plethora of diseases that we expose ourselves to. Yoga aims to calm and compose our minds and help us focus clearly on what really matters - good health and the happiness that accompanies it!

Benefits of Yoga

Mental health

· Let us first begin with the benefits of Yoga on mental health. After all, good mental health is of paramount importance for being healthy physically as well. As

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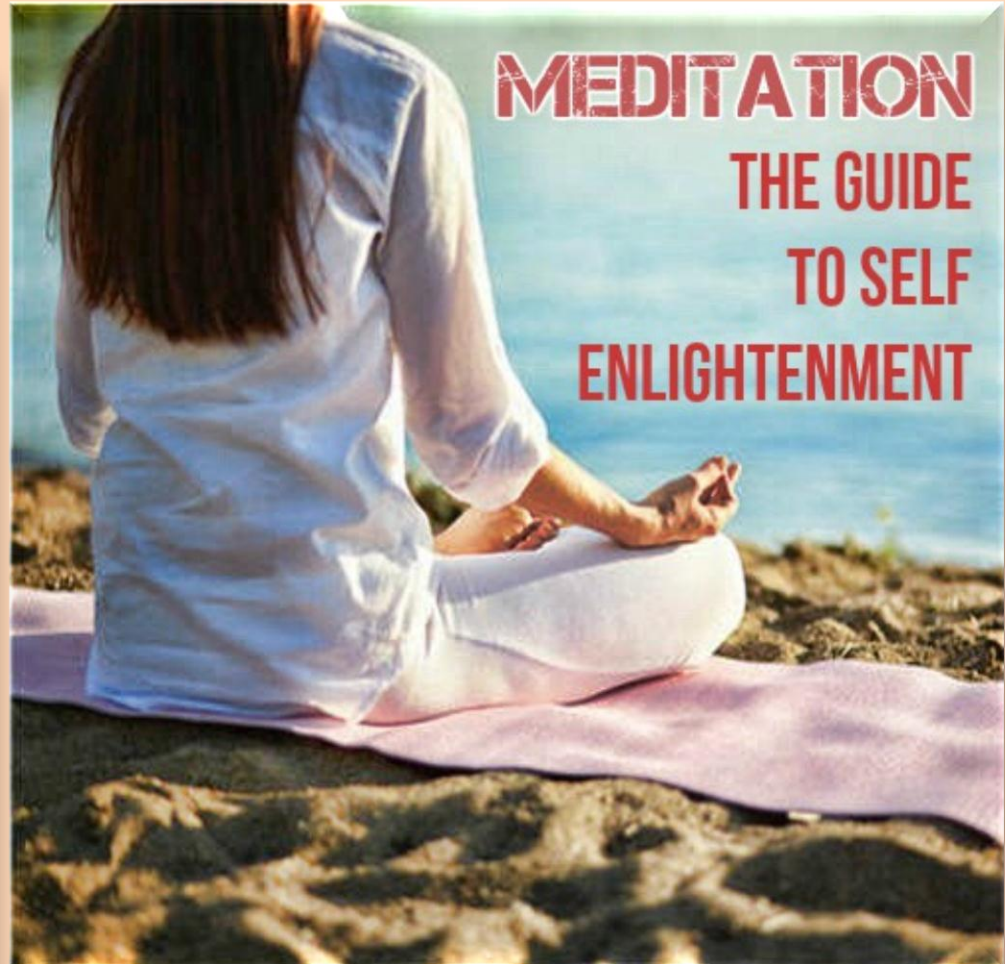
Here's What You Get:

Meditation: The Guide to Self Enlightenment

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MEDITATION: THE GUIDE TO SELF ENLIGHTENMENT

Introduction

Have you tried meditation to solve your stress and health problems? If you haven't done so yet, now may be one of the best times to make that experience a reality. Meditation is one of the most sought after forms of stress relief and is even recommended by many doctors.

Something that valuable is something that you should be striving to learn. If you are someone that spends your evenings worrying, stressing about all that needs to get done and even feeling physically bad without being sick, then meditation may be an ideal solution for you.

In meditation, you transform the way that your mind is working. While you can't say that it's a simple process, meditation is something that you can easily learn to do and then use daily.

In fact, studies show that when you do allow yourself (especially your mind) to meditate for just a few minutes each day, you can reduce the stress levels you face improving your quality of life. Indeed, lowering stress levels also can improve your physical self.

In this guide, you'll learn how meditation can change your life. It is merely a guide to get you started, though.

Most individuals that are successful at meditation are those that seek out resources locally to help them to learn the process as well as to practice it. Meditating with others is something that can be powerful to the individual. With more and more meditation clinics and classes popping up around the country, you are likely to find one relatively close to you. But, first, you need to learn a bit more about how meditation works and what it can do for you.

This book will prepare you to begin meditation and take you into a world that far too many people don't realize exists with such benefits. If you are skeptical, there is nothing to lose by investing a few minutes in learning this process. In fact, you'll find yourself striving to learn more once you have just one or two sessions of meditation.

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








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



























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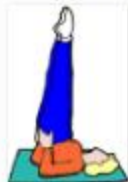
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