



# The Book Of Yoga (Correct Times)

*David I. Hester*

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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.

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. It is just as easily done in your home or even at your desk while at work. Yoga can help bring you inner peace when you are stressed out. It can even help relieve the pain of headaches, backaches, and menstrual cramps.

As studies continue to reveal yoga's many health benefits, this centuries-old Eastern philosophy is fast becoming the new fitness soul mate for workout enthusiasts. Contemporary devotees range from high-powered execs trying to keep hearts beating on a healthy note to image-conscious Hollywood stars striving for sleek physiques. Even prominent athletes are adding yoga to their training regime to develop balanced, injury-free muscles and spines.

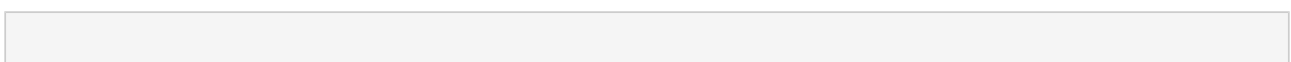
Yet to applaud yoga for its physical benefits alone would only diminish what this entire system has to offer as a whole. By practicing yoga on a regular basis, you may be surprised to find that you're building much more than a strong, flexible body.

Initially, the sole purpose of practicing yoga was to experience spiritual enlightenment. In Sanskrit (the ancient language of India), yoga translates as "yoke" or "union," describing the integration of mind and body to create a greater connection with one's own pure, essential nature.

Classes that have gained popularity in the United States usually teach one of the many types of Hatha yoga, a physical discipline which focuses mainly on asanas (postures) and breath work in order to prepare the body for spiritual pursuits.

We will attempt to simplify the ancient practice of yoga by showing you some basic yoga positions, giving you tips on performing yoga exercises, and inducting meditation practices into your everyday life. Through yoga and meditation, you could come to a new level of enlightenment with your personal life and enhance the quality of your existence.

No longer is yoga a mysterious phenomenon. It is now simply a way to keep you healthy and aligned. Now relax and read on as we explore yoga and meditation with your ebook "THE BOOK OF YOGA!".



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