

YOGA FIRE



**BURN CALORIES WITH THE BEST
YOGA TECHNIQUES TODAY!**

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Table Of Contents

Foreword

Chapter 1:
Yoga Basics

Chapter 2:
The Breathing

Chapter 3:
The Poses

Chapter 4:
Take A Look At Hot Yoga

Chapter 5:
Burning Calories

Chapter 6:
Calorie Count

Wrapping Up

Foreword

We need to give more importance to our health and the treatment of diseases. A big number of medicines treat only the symptoms of the disease, and not the base cause. As a matter of fact, the cause of a lot of chronic ailments are still being researched. It's here that Yoga therapy comes to our aid... Get all the info you need here.



Yoga Fire

Burn calories with the best yoga techniques today!

Chapter 1:

Yoga Basics

Yoga implies "union" in Sanskrit, the language of ancient India where yoga started. We may consider it of the union taking place between the body, mind and spirit. Yoga is the exercise of physical postures or poses.

Many individuals believe that yoga is simply stretching. However while stretching is surely involved, yoga is truly about producing equilibrium in the body by formulating both strength and flexibleness.

