



Yoga For Everyone

Find Out How This
Simple Art Form Of Exercise
Can Boost Your Health And
Strengthen Your Body!

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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 is still being researched.

It's here that Yoga therapy comes to our aid. Yoga stresses treatment of the base cause of an ailment. It works in a slow, subtle and marvelous manner.

Modern medicine may claim to save a life at a vital stage, but, for pure recovery and recovering of normal health, one should look into in the efficiency of Yoga therapy.



Chapter 1:

Yoga Basics

Synopsis

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.

