

Yoga for Beginners



The Complete Guide to Basics and Key Poses of Yoga

Yoga for Beginners

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Introduction – Getting Started with Yoga

You must be wondering what really makes yoga so popular. Every other person you know and even celebs and TV stars are enthusiastic about following a yoga routine. This is all because of the numerous benefits you get as a result of practicing yoga.

Why do you need to get started with yoga? Well, the answer is simple. Yoga lets you relieve your body of excessive stress so that you feel better. It not only helps you in many ways, but is also quite fruitful in the long run.

We all live in a world that is stressful no matter how hard you try to stay away from stress and anxiety. It gets difficult to generate positive thoughts, especially when your body lacks energy. You only wish for a miracle to happen that can free your mind and body.

Between work, stress, relationships and responsibilities, you can easily connect with your soul with the help of yoga postures. It does not really matter what you do or how old you are. You can do yoga to feel its physical and psychological effects.

Interestingly, yoga is not a new concept but it has been around for more than 5000 years. If you are curious to know how exactly these practices originated, let us first see what yoga actually means. The word yoga literally means “union”. This word is taken from Sanskrit, one of the classical languages prevalent in India.

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According to traditional beliefs, yoga practices are a way to achieve perfect harmony or union between the physical body, mind and spirit. It simply clears away the effects of negative feelings or activities we do all day.

If you continue to practice yoga regularly, you can strip away the negative energies, sensations, feelings and emotions that will leave you in a better position to realize your essence.

You can then easily manage stress and various other responses, which will definitely make a significant difference in your quality of life.

You are less likely to feel stressed or tired, which also has a beneficial effect on your physical body. You will no longer be worried about aching shoulders or cramped muscles when your body feels completely relaxed.

Yoga is not all about spiritual well-being. Practically, yoga makes you feel good with a combination of right yoga postures, breathing exercises and mediation. Once you start with yoga, you will feel the energy boost helping you flourish everyday.

The stretches in yoga exercises make you more flexible and agile. This helps cure ailments such as stiff neck, back pain, tension headaches and joint problems. With help of continuous exercise, you can also improve your thinking and level of concentration.

If you find it difficult to remain motivated to do many interesting things in life, may be it is time you get started with yoga. When you ask someone who has been

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doing yoga for sometime, they will tell you that it is not just about bending, twisting or stretching your body.

Yoga is a complete workout for your body, mind and soul. You can take up yoga as a part of daily routine to help your body cope with stress in a better way.

Clearly, yoga can transform your body and the benefits are felt at an emotional level too. It is actually a proven combination of postures and thoughts that can manage your body and soul.

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What Will You Find in This eBook?

Most people don't exactly know why they should take up yoga. Some may opt for the practice due to health reasons, while others may join their friends and colleagues who already practice yoga sessions.

If you are still confused and haven't made a decision yet, this eBook will definitely be of great help. You can find answers to the most popular concerns and questions you have before starting yoga. This eBook can also serve as a great resource if you are willing to take the necessary steps and start with yoga on your own.

By reading through this eBook, you will gain helpful knowledge about the meaning and true purpose of yoga. You can understand the benefits and even experience them when you start your practice. There is also a section on basic yoga postures, which you will definitely find helpful if you want to practice yoga at home.

Just when everyone around you is searching for fantastic options to get rid of the stress and anxiety, picking up yoga can be a good bet. Practicing the basic postures everyday will offer you many perks including stress relief, energy boost and a well maintained body.

This eBook is not only for beginners; but anyone who wants to know more about yoga, can certainly benefit from this resource. There is no need to wait any longer. You can read through the entire book to gather valuable information about yoga and empower your body, mind and soul.

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