

Yoga

For Fitness and Wellness

Ravi Dykema



SECOND EDITION

Yoga For Fitness And Wellness Cengage Learning Activity

**Terry-Ann Spitzer Gibson, Wener W.K.
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Yoga Thatcher D. Godwin,2016-04-16 Use These Powerful Yoga Poses To Eliminate Stress and Excess Weight While Boosting Self Esteem and Relaxation Today This book will introduce you to some yoga poses which you can incorporate in your yoga practice The poses will include poses for beginners intermediary and master yoga practitioners Most people see yoga as a form of physical activity that involves some weird or silly body movements However the truth is that yoga transcends the weird movement you notice yoga practitioners pose Well yoga is a form of physical and mental exercise It is a physical activity that involves discipline mental control breathing techniques and physical well being In simpler terms yoga involves some physical moves which are combined with mental control and meditation Yoga has been proven to relieve everyday stress Stress can be caused by various factors such as sudden anxiety or a wide array of physical activities happening around you One way to cope and reduce stress is by engaging in yoga This is because the physical poses and breathing techniques associated with yoga serve as a coping mechanism for your body In addition yoga helps to relax your body and reduce tensions in the muscles while infusing fresh blood to your brain to keep you vitalized Finally it helps to reduce the production of stress causing hormones cortisol Therefore if you are stressed after your day's activities you can engage in a quick 20 minutes yoga activity to help you relax and have a good night rest You need this book Here Is A Preview Of What You'll Learn What is yoga Why Yoga Weight Loss Holistic Wellness Build your Immune System Reduce Stress And Much Much More

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