



Yoga Benefits Are in Breathing Less: Introduction to Yoga Spirit and Anatomy for Beginners (Paperback)

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Yoga benefits, as ancient yoga books teach, are in breathing less air automatically and 24/7, even less than the tiny medical respiratory norm. Then one can expect more oxygen in the brain and other organs, and experience true benefits from yoga. Millions of people think and believe in a myth that yoga progress is about more and more difficult asanas or spiritual enlightenment. However, one can start yoga for beginners and can practice asanas for months or years, but this does not provide any guarantee that your health is going to improve. You can eat tons of supplements and super-foods, drink canisters of herbal drinks, have hundreds of colonic irrigations, and practice yoga for many hours every day, but if your body oxygen level remains the same, you will suffer from the same symptoms and require the same dosage of medication. You can also have years of spiritual practices while getting sicker and sicker with cancer, diabetes, weight gain and some other conditions. Only 2-3 generations ago, yoga did cure chronic diseases. Old American health...



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A very awesome book with perfect and lucid reasons. It really is basic but shocks within the 50 percent of the book. Its been designed in an exceptionally easy way and is particularly merely right after i finished reading this ebook where in fact changed me, change the way i think.

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