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Natrajasana Keerthy Suresh does

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Natarajasana This yoga asana of the most effective asanas, this asana requires balance and concentration. The name comes from Sanskrit nata, meaning “ dancer ...

Yoga For Flexibility: 8 Asanas to Make
You More Flexible

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She is a successful lifestyle coach and has been a trainer for influential personalities including Anil Kapoor, Sonam Kapoor, Nikitin Dheer to name a few ... What yoga asanas you would suggest ...

International Day Of Yoga: Asanas To

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Detox Your Body And De-Stress The
Mind

The original 8 limbs of yoga offer insight into how yoga has been culturally appropriated. Here's how you can honor yoga's roots while you practice.

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Practicing the 8 Limbs of Yoga Will
Help You Understand Yoga as It Was
Meant to Be

How to do it: It is important to do this
asana on a yoga mat. Place your
thighs on the calf muscles, toes
pointing out behind you. The back and
neck must be erect. Place your hands

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on the thighs and ...

8 Effective Yoga Asanas For Weight Gain

Below are the Yoga poses that one should include in their daily routine in order to lose weight and build endurance. Prayer pose Hasta

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uttanasana Hasta padasana Flat back
Ashwa sanchalanasana ...

Yoga asanas to lose weight
International Yoga Day 2021: Here
are six yoga poses by an expert that
you can do to regulate hormonal
levels. Yoga is a practice that aligns

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your physical, mental and spiritual health.

International Yoga Day 2021: Try
These 6 Yoga Asanas to Regulate
Hormones

Acidity can happen due to stress,
lifestyle or gastro issues. Here are a

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set of yoga asanas, meditation and pranayama to treat acidity issues. Acidity is one of the most common ailments people are ...

Yoga For Acidity: Asanas, Pranayamas And Meditation To Treat Acidity Issues

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Belly fat is one of the major concerns for many. Malaika Arora demonstrated yoga posture that can help reduce belly fat.

Want To Lose Belly Fat? Malaika Arora Performs This Yoga Asana That Might Help

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Yoga is not just about performing the various asanas. It is a total wellness package. Read on to know more. Yoga, an age-old practice and meditative technique, has become increasingly popular in ...

Yoga Is More Than Just Asanas:

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Retreat Beyond The Mat For Full
Benefits

It (the process) can make you feel wonderful and make your body realise its capabilities. The thing that is challenging for me is the journey to achieve a particular asana. No matter (even) if it is ...

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'Yoga can make you feel wonderful'
State BJP bigwigs including State president Deepak Prakash and others performed yoga asanas at their residences on the occasion of International Yoga Day on Monday. Prakash, who is also Rajya ...

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BJP bigwigs perform yoga asanas
If you ' re someone who is tired of the short bob and desires for your tresses to be longer, there are several yoga asanas that can actually help out with hair growth. In fact, yoga for hair growth and ...

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8 Yoga Asanas That Can Help With Hair Growth

Yoga asanas and breath work techniques help pump more oxygen and energy to your system, which assists in immunity-building. The relaxation led by Yoga aid the healing

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process, improving mental and ...

International Yoga Day: Yoga asanas
and breathing techniques for Post-
Covid recovery

Mumbai: On Yoga Day, Alia Bhatt took
to social media sharing her first-ever
reel. While Alia can be seen exercising

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and performing her favourite asanas ...
Tops iTunes Charts In 92 Countries ...

Alia Bhatt Uses BTS ' Butter As She
Shares Her First Instagram Reel,
Leaves Indian ARMY In Complete Awe
I know anxious folks who know a lot
about mindfulness, and I have friends

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who are balanced as f*ck without knowing much about yoga or mediation.

The Difference between Mindfulness & Zoning Out.

Here are some yoga asanas that you can practice during pregnancy: 1.

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Baddhakonasana or Bound angle pose
For this, you need to sit down on the
floor and then join your heels
together. Try to bring ...

5 Pre-natal yoga asanas that pregnant
women can do

Since I discovered yoga in my

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mid-20s, it had become a huge part of my world. Like many devoted yogis, it was not just an exercise class for me, but a way of life. I didn't just teach classes at my ...

'Coercion and rape': Investigating my
yoga school

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North Jersey has a ton of activities for adults and children. Here's our curated list of events for the weekend of July 16.

From car shows to milking cows: Here are 7 fun things to do this weekend in North Jersey

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Jasper Community Arts unveiled the artists featured as part of its upcoming 2021-22 season. Twelve performances will be showcased, most occurring at the Jasper Arts Center with a few presented at the ...

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