



## **Yoga: A Natural Way of Being: A Nine-Week, Easy-To-Do Programme for Initiation Into Adopting Yoga as a Way of Life**

By Dr. Vinod Verma

CreateSpace Independent Publishing Platform. Paperback.

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Paperback. 162 pages. Dimensions: 9.0in. x 6.0in. x 0.4in. The course of yogic practices offered in this book is very fundamental and is basically designed for maintaining good physical and mental health and find spiritual strength. The book is written in such a way that you can understand yoga and learn it yourself. The simple practical exercises provided in this book are meant for making body flexible, enhancing blood circulation, and using asanas or postures beneficially for healing minor and chronic ailments. It is to show you a spiritual path for strengthening mind and managing day-to-day stress. Yoga learnt in a right way without aiming at impossible postures can help you discover your own body. Once you find weak points of your body, by repeated practice the blockades will vanish. This is not a cliché yoga book to teach you some superficial exercises. It is a book meant for body, mind and soul. From waking up, to sleep, to breathing- all aspects of day-to-day life are taken into consideration. The best way to use this book is to read introduction first and understand what yoga is. Then...

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