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The current evidence base is strongest for yoga as efficacious in reducing symptoms of unipolar depression. However, there may be risks to engaging in yoga as well. Healthcare providers can help patients evaluate whether a particular community-based yoga class is helpful and safe for them.

Yoga for Depression and Anxiety: A Review of Published ...

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The Yoga poses, postures, or asanas are not designed as an exercise but as preparation for more advanced Yoga styles of meditation in order to aid in this enlightenment. The postures can induce meditative states and are a discipline to train the body into submission for deeper meditative states of more advanced Yoga.

The Basic Spirituality of Yoga | Midwest Christian ...

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Yoga Yajnavalkya - Wikipedia

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Yoga (philosophy) - Wikipedia

The Star Wars Archives. 1999–2005 The Star Wars Archives. 1999–2005 The Star Wars Archives. 1999–2005 The Star Wars Archives. 1999–2005

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If you're a yoga purist, you may not like the idea of a yoga potpourri that mixes new-fangled scientific insights with time-honed yoga practices. But "new and improved" has always been one of America's national mantras, and blending the best from Eastern experience-based wisdom and Western analytical science may be a principal contribution our country makes to the evolution of yoga.

What Is Flexibility? | The Science of ... - Yoga Journal

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Admonishing with Tears | Midwest Christian Outreach, Inc

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At the risk of having a yogi throw a brick (or perhaps a really hard yoga block) through my window, I also need to mention that yoga may actually slow your metabolism. In fact, a 2006 study measured the metabolic rate of yoga participants vs. non-yoga participants, corrected for body weight, and found a 15 percent lower metabolism in the yoga ...

Does Yoga Count As Cardio? | HuffPost

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