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BEGINNER'S GUIDE TO YOGA AND MEDITATION

2 Yoga Postures Step-by-Step 1. The Sun salutation - Surya Namaskar Posture: Surya Namaskar - Sun

Salutation Translation: The Sanskrit word surya means sun.

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Whether you have strong and tight muscles or you just want to build up your strength, here are some basic yoga poses for men that are a great way to start! 4 Key Beginner Yoga Poses for Men Raghunath

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10 Awesome Yoga Poses For Men Liz Rosenblum. Dudes, this one's for you. Yoga is not just for women. You Y-chromosome carriers can reap some huge rewards by getting on a yoga mat and getting your body moving. In fact, men may benefit even more from certain yoga postures than women, thanks to the larger and tighter muscles men generally boast. If the idea of propping yourself up in a backbend ...

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This yoga routine has been taught by the author of this paper over many years to more than 2.000 male participants of the meditation retreats at the Suan Mokkh International Dharma Hermitage in Thailand.

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