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The average number of women in each yoga group was 7.3 (range 5-12 women per group). No home yoga practice was required, and no home practice information was provided.

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38 Health Benefits of Yoga | Yoga Benefits - Yoga Journal

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P-ISSN: Health benefits of yoga for women - Khel Journal

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start with lost about 5 pounds during the same time period ...

Yoga for Weight Loss? - WebMD

New to yoga? Try these basic yoga poses to get stronger and more flexible.

Yoga Poses for Beginners | Fitness Magazine

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YOGA " A REMEDY TO RESPIRATORY ILLNESS

Yogini also refers to women who are a part of Hindu and Buddhist tantra traditions. In Tantric Buddhism, ... The Hatha-Yoga-Pradipika text mentions Yogini.

Yogini - Wikipedia

Through yoga, a woman gets the benefit of learning how to attain complete mind and body relaxation which is very important for relieving ... 21st Century Yoga ...

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Yoga for Back Pain - Yoga Journal

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