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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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The Yoga Yajnavalkya (or Yogayajnavalkya) text is structured as a conversation between a man (Yajnavalkya) and a woman (Gargi), in the presence of an audience. It is organized into twelve chapters, and cumulatively contains 504 verses. The text opens with a discussion of virtues and lifestyle of a yogi, with 70 verses in the first chapter dedicated primarily to Yamas and 19 in second dedicated ...

Yoga Yajnavalkya - Wikipedia

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Yoga philosophy is one of the six major orthodox schools of Hinduism. Ancient, medieval and most modern literature often refers to the Yoga school of Hinduism simply as Yoga. It is closely related to the Samkhya school of Hinduism. The Yoga school's systematic studies to better oneself physically, mentally and spiritually has influenced all other schools of Indian philosophy.

Yoga (philosophy) - Wikipedia

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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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Volume 24. Winter/Spring 2019; Volume 23. Winter 2017; Volume 22. Winter/Spring ... Volume 12. 12-1: Winter 2006; 12-2: Spring/Summer 2006; 12-3: Fall 2006; Volume 11. 11-1 ... a fly in the ointment, however. The Enneagram seemed to be deeply integrated into the fabric of the church. Yoga was accepted and practiced. The church uses ...

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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