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degree) while they hold a specific pose for a long period of time. Bikram Yoga, for example, is an entire yoga system based on static flexibility stretches with each pose held for 30-60 seconds or longer. Static flexibility postures are usually practiced at around 85% of maximum flexibility, and again, more than this will often lead to injury.

THE YOGABODY HANDBOOK - Spiritual Library

Stretch An Illustrated Step-By-Step Guide To Yoga Postures

Stretch An Illustrated Step-By-Step Guide To Yoga Postures

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Yoga is a system of physical and mental self improvement and final liberation, that people have been using for thousands of years. Yoga arose in the age of the Vedas and Upanishads.

Yoga Therapy full book - Professor Sohan Raj Tater

mudras, a brief history of mudras, an overview of how mudras work based on different theories, how mudras and yoga are related, hand warm up, and look in depth at three mudras including a yoga sequence with each mudra to compliment the intended energetic, emotional, and physical result.

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