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yoga yoga for beginners pdf

An energizing morning yoga routine for beginners can work as a natural stimulant to set you up for a productive day. While an hour-long yoga class would be ideal to get the day started, unfortunately sometimes we don't have the time.

Morning Yoga Routine For Beginners Chart (Download PDF)

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Jnana yoga is the method of finding an answer to the question "Who am I?" It is the path to knowledge, self and God. Yet, the right approach would be to first undergo Karma yoga in order to achieve equanimity and then undergo Jnana yoga to know that there exists a super intelligence called God.

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