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A few simple yoga poses can help you " switch off " long enough to drop off into a short, restorative rest. Almost 60 ...

A 6-Step Yoga Sequence to Prepare You for a Nap

As per reports published by the World Health Organisation, there are approximately 1.38 million cancer cases diagnosed annually. This suggests that there is a rise in the number of cancer-related ...

These 5 yoga asanas will encourage and energize cancer patients

Move through this variation of Surya Namaskar A to stimulate your immune system and cultivate more vibrant health.

10 Yoga Poses to Boost Your Immunity

Jessamyn Stanley is not new to the yoga world. She's been on her mat — publicly — for almost 10 years now. And a lot of things have changed — she's founded yoga streaming platform The Underbelly, ...

Jessamyn Stanley Is One Step Closer to Becoming Queen of the Yoga World

Do not keep sitting after work, try these yoga poses to undo the side effects ... Shoulders and wrists also gets stretched and strengthened. Step-by-Step Marjariasana Place your fours (legs ...

Sitting All Day For Work? Here Are 5 Effective Yoga Asanas To Stay Active While Working

Yoga has the ability to control and prevent diabetes. Here are 4 yoga postures that can help you keep a check on diabetes. Beer Yoga or Bier Yoga, the Hot New Fitness Trend Everyone's Talking About ...

Yoga Postures

Easy yoga poses for kids include mountain pose, warrior two, and rag doll. To make yoga fun for kids, incorporate animal poses like cat-cow, or practice with them. Benefits of yoga for kids ...

10 easy and fun yoga poses for kids, recommended by yoga teachers

According to Walden, some of the best yoga poses for depression are ... wrists under your shoulders and straight across your mat. Step back to a plank pose so that your wrists are under your ...

The Best Yoga Poses for Depression

You can also use a blanket, bolster, or a yoga block to aid in your personal ... grabbing either your right foot or right ankle. Repeat this step on your left side. Gently press your pelvis ...

Tried Everything, but Still Can't Get Things Moving? Give These Yoga Poses For Constipation a Shot

Facial Yoga is a completely natural way to make your face look younger by toning the facial muscles. Here are 7 face exercises that make your jawbone more prominent and shred the excess fat in ...

Yoga Exercises

In the west, yoga as a " way of life " has turned into a multi-billion-dollar industry that is synonymous with doing asanas, breathing well, eating ...

We need to create the right eco system for yoga: Subodh Tiwari

Breathwork can serve as a helpful tool to calm the mind and bolster your response to outside stressors. Here's how ...

Malaika Arora's favourite breathing technique can improve lung function and reduce stress

Want to step up your at-home yoga practice? Whether you ' re a beginner or a true pro, completing your home flow space with a few pieces of essential yoga equipment goes a long way. With so many types ...

All The Yoga Equipment You Need For An At-Home Practice , According To A Yoga Instructor

Encouraging fans to purify blood as they workout this Monday, Bollywood actor and fitness enthusiast Malaika Arora spilled the beans on three Yoga exercises ... For the next step, raise the ...

Malaika Arora suggests 3 Yoga exercises to say " hello " to radiant skin | Watch

Everywhere you look there's some new product that pretty much guarantees to transform your workouts. Between the pricy indoor bikes to expensive online memberships, it's not exactly easy to figure out ...

These 30 cheap fitness products are so good they'll totally change your home workouts

A bill that would lift a nearly three-decade ban on yoga in public schools is a step closer to Gov. Kay Ivey's desk. The Alabama Senate voted 23-7 late Thursday for a bill from Rep. Jeremy Gray, ...

Repeal of yoga ban in Alabama K-12 schools gets closer to governor's desk

When you want to take your yoga poses a step further, incorporating a yoga block into your practice can provide that stability you need while you deepen your stretches. The Manduka unBLOK offers a ...

The Best Yoga Gear to Add to Your Practice

Yoga Burn is an innovative weight loss program ... you can take longer if you feel like you aren ' t ready to take the next step. All three phases in the course build on the previous phase to ...