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Menna H Ashour explores how Kundalini yoga, Aquarian training and holistic practices can help untangle emotional or mental blocks in an interview with practitioner Shama Kaur ...

The power of meditation

Navigating the world as an adult can be tough, filled with daily stressors that can have a negative impact on your body. To manage, many locals are turning to kundalini yoga, a form of exercise and ...

Kundalini Yoga Combines Exercise, Meditation and Chanting

Can Yoga increase one's creativity/productivity? The spiritual claims of Yoga are based on extremely dubious assumptions which can hardly be subjected to evidence-based research as the PM desires them ...

The relevance of 'political' Yoga

The Pilates and Kundalini yoga teacher, personal trainer and former DJ tells Body ... to be remembered as the person who was compassionate and made a difference in the world. I almost had to write my ...

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'I almost had to write my own eulogy to understand who I wanted to be'
It's important to keep in mind that there are many different types of
yoga, from vigorous styles like Kundalini or Bikram ... what's
happening in the world around you," she says.

What to Expect at Your First Yoga Class

Yoga is one of the most popular physical practices across the world
and there are legions of followers who ... However, it can just get a
tad confusing if you are a beginner and don't know your ...

Different Types Of Yoga

which makes Kundalini Yoga and yogic lifestyle accessible to people
all over the world-with viewers in over 140 countries. In 2013, Guru
Jagat launched the indie yoga music label RA MA Records with a ...

A Self-Love Meditation to Let Go of Intense Emotions

Secondly, each type of yoga has different benefits and can work for
you at different times. Basically, the yoga world's your oyster ...

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might have just finished a Kundalini class.

13 Types of Yoga Explained by the Experts, Ashtanga to Yin and Everything In Between

Richa Tilokani has done a wonderful job by simplifying the concepts of the Shrimad Bhagwad Gita, lit. in her new book 'The Teachings of Bhagavad Gita' ...

Review: 'The Teachings of Bhagavad Gita' by Richa Tilokani

What is it: Kundalini ... of yoga philosophy - into each class. Point of difference: Each class incorporates a strong focus on yoga philosophy, challenging your perception of the world.

Do you know your ashtanga from your acro? How to choose the right yoga practice for you

Image Credit: Shutterstock June 21 is International Yoga Day. A day when the world celebrates a fitness ... Some of the mainstream yoga styles are: Kundalini yoga: The style stresses the spiritual ...

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International Yoga Day: Does yoga really help heal your body and mind?
Referring to the June 21 International Yoga Day celebrations, the ambassador said India's contribution to yoga gatherings was that the embassies all over the world took the lead so yoga experts ...

'Yoga brings not only peace to people but unity to countries as well,' says Indian envoy to Turkey

Soon realising it was our neighbour's workshop, the studio of Douglas and Bec, known for its locally made modernist lighting and furniture, sizzling to the ground that cool autumn night, we scrambled ...

Design Studio Douglas & Bec Has A New Name – & A New Look

I'm sitting in a 'sharing circle' at a Kundalini yoga class. Women and men around ... before a series of events turned my world upside down. After a boozy lunch I made the shameful decision ...

'I Fled From My Escort Agency And They Took Revenge On My Family'
We offer Iyengar, Yin, Vinyasa, Prenatal, Kundalini ... We offer

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individual yoga retreats that allow one to escape from the busy world to a quiet, fully furnished loft apartment and unlimited ...

Santa Barbara Yoga Center Is a Mindful, Community-Based Space for Every Patron

A world that has long embraced love ... That proved true for many spiritual influencers and platforms: A Venice kundalini yoga teacher who has worked with pop star Alicia Keys interviewed a ...

California's yoga, wellness and spirituality community has a QAnon problem

"I picked up kundalini yoga during the quarantine ... Tober curated a group of the best reformer machines in the world for her elite clients who want a machine at home pretty enough to keep ...

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