

Myths Of The Asanas

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Myths Of The Asanas

There are many myths and misconceptions surrounding yoga and its practice. And practicing the yoga asanas, believe, rely on those myths blindly and ...

World Yoga Day 2021: 5 Myths and facts about yoga revealed by Grand Master Akshar

Yoga is more than an hour's practice, it is a lifestyle. Right from when you wake up to when you go to bed, yoga is everything in between and beyond.

International Yoga Day: Fun quirky ways of doing yoga to make it enjoyable yet effective

(See: Mobility Myths You Should Ignore) If you're lacking thoracic spine ... which changes your posture," explains Dr. Mikhael. (Related: 9 Yoga Poses to Open Your Shoulders). Then, try the Thread the ...

Why You Should Care About Thoracic Spine Mobility

The most horrifying part of suffering from a lifestyle disease is that most of them are chronic. You may have just spent half a year getting rid of PCOS, and yet it can pop back into your life ...

Five ways to change your life to escape from lifestyle diseases

start with these 10 basic asanas (poses). Yoga is extremely beneficial for your mental and physical well-being. The Truth About Yoga: 5 Myths That Are Just Silly From yoga for kids, older people, ...

Yoga Postures

Here are a few yoga asanas to keep them strong and healthy ... Know the warning signs from a cardiologist. There are many myths around brain tumours considering its many complexities and complications.

Parmita Uniyal

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The Truth About Yoga: 5 Myths That Are Just Silly From yoga for kids ... Practice and Experience These 5 Benefits Of Yoga Modern day yoga with its plethora of asanas is popular more as a fitness trend ...

Power Yoga

Yoga Poses That Make You Smarter Yoga Poses That ... but gear is expensive. Survival Myths That Could Kill You All you've got to fall back on are your wits and fragments of wisdom that you ...

Mark Lebetkin Stories

Upasana Kamineni Konidela ' s URLife hopes to dispel the myths around wellness practices concerning COVID-19, catering to around two million people through corporate clients. For Upasana Kamineni ...

How Apollo Foundation ' s Upasana Konidela is tapping the wellness industry with URLife

Research says that certain meditation, yoga asana and pranayama practices may ... Women and epilepsy: Eminent neurologists bust myths around this neurological disorder Despite the availability ...

Video Gallery

Her goal is to share her teachings, encourage others to tap into and expand their brain ' s capabilities, and dispel any myths surrounding our most complex organ.

Dr. Upasana Gala

Bollywood actress Kareena Kapoor Khan's latest posts on social media will definitely convince you to unroll your yoga mat and try out some of the prenatal yoga poses. Researchers have found a ...

Exercise during pregnancy

The Future of Work and “ hybrid ” work models. From the TR&I Working from Home series. A recent article in The Irish Times has suggested that a “ hybrid ” model of working – ...

The Future of Work and “ hybrid ” work models

There ' ll be slow, juicy movements and lots of controlled breathing – as Coopes talks through the myths and history of ... of faith taken by Hanuman. The asana class is open to all levels ...

Yoga at the State Library

She turned author with her latest book, 'Run Saba, Run!' that is written with an aim to bust myths about sports played by persons with blindness. She also launched a short music film, B for ...

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It's important to follow, run after your passion: Upasana Makati of White Print

Health and wellness entrepreneur Upasana Kamineni Konidela reveals her strategy to dealing with the pandemic and lessons she has come away with over the years as a businesswoman ...

Healthcare paradigm is going to shift: Upasana Kamineni

The belief that the younger generation is generally safeguarded from the burdens of poor emotional health is proving to be a myth ... of everyday life, yoga asanas, meditation and a healthy ...

Balance the multiple stressors of pandemic life

80dB Communications was awarded Silver in the Emerging Agency of the Year while Creation: Open Minds ' Castrol Truck Asana campaign ... Initiative to Dispel myths around ULIPs Policybazaar.com ...

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