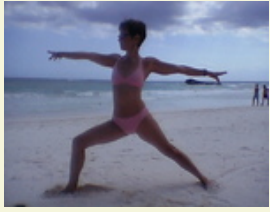


Beginner



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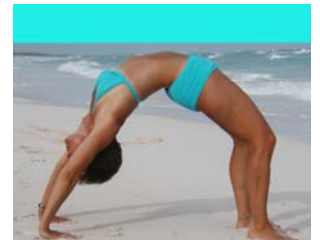
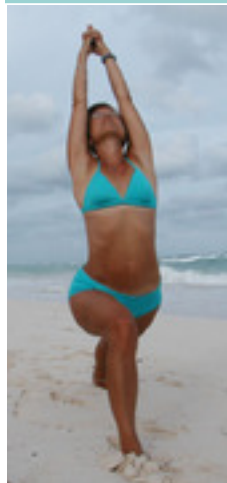
Yoga's Benefits

- Reduced stress
- Improved flexibility
- Improved muscle strength and/or endurance
- Better posture
- More efficient and effective breathing
- Heightened feeling of well-being

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spirituality.**

**Your own yoga practice can therefore be approached
from any number of personal goals or intentions. This
is one of the reasons yoga is so uniquely beneficial—
it's completely individualized.**