

THE YOGA AND MUDRA invites you to discover



THE FOUNDATIONS OF WELL-BEING

- Refine your figure naturally
- Tame your stress day after day
- Develop your flexibility gradually

The gentle and effective method to get started

WWW.THEYOGAMUDRA.COM

Table of Contents

Disclaimer and Limitation of Liability.....	5
Introduction.....	6
What Yoga Is and What It Is Not.....	9
The Philosophy of Yoga.....	11
4 Misconceptions About Yoga.....	13
Some Proven Effects of Yoga on the Body and Mind.....	15
Direct Physical Benefits of Yoga.....	16
Psychological Benefits of Yoga.....	17
Why Practice Yoga.....	17
The Benefits of Yoga.....	18
Here Are 6 Benefits of Yoga You Can Obtain.....	18
Yoga and Its Motivations for Practice.....	19
Finding Balance and Health with Yoga.....	21
Yoga and Efficiency at Work.....	23
6 Main Types of Yoga.....	25
Hatha Yoga.....	26
Raja Yoga.....	28
Karma Yoga.....	29
Bhakti Yoga.....	30
Jnana Yoga.....	31
Tantra Yoga.....	32
Bikram Yoga.....	33
Tips for Yoga Beginners.....	34
Where can I practice yoga?.....	35
Yoga Equipment.....	35
Yoga Mat.....	36
Yoga Towels.....	37
Yoga Bags.....	38
Yoga Straps.....	38
Sandbags and Yoga Bolsters.....	38
Yoga Meditation Seats.....	39
Yoga Balls.....	40
Yoga Blocks.....	41
Yoga Videos.....	41
Yoga Music.....	42
Yoga Clothing.....	42
The 3 Most Common Mistakes Yoga Beginners Make.....	44
Achieving the Right Yoga Postures.....	46
Meditation.....	47
The Purpose of Meditation.....	50
Types of Meditation.....	50

Concentrative Meditation.....	51
Mindfulness Meditation.....	51
What Happens When You Meditate?	52
Asanas and Yoga Postures	53
Tadasana.....	53
Sarvangasana	56
5 Yoga Exercises.....	56
Breathing Exercises.....	57
The Power of Stretching.....	58
Does Yoga Normalize Body Weight?	59
Diet and Yoga.....	61