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Bikram Yoga: The Guru Behind Hot Yoga Shows the Way to Radiant Health and Personal Fulfillment 1 edition

Bikram Choudhury

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Based on Bikram's signature program of 26 postures and two breathing exercises, this book will help you combat a variety of afflictions-from stress and insomnia to arthritis and back pain-and maintain exceptional health for years to come. The various postures work your muscles, increase flexibility, and flush toxins out of your system-a compeletly natural, full-body workout without the uneahtly stresses and dangers of a gym. It isn't easy: iIt's a rigorous, body-bending program, and Bikram gives it to you striaght in his outspoken, charismatic, and tough-love fashion. But just like the hundreds of thousands of students who go to his studios acorss the country, you'll end up sweaty and exhausted but keep coming back for more. Additionally, Bikram Yoga can help you do much more than drop inches from your belly, Bikrham explains how practicing yoga is also a mental and spiritual mission that can help you create a path to true happiness.. When it comes to love and marriage, realizing your full potential, or living in a life in perfect balance, Bikram's yogic philosophy shows you how physical strength and flexibilitiy can be a gatreway to mental clarity and spiritual calm.

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