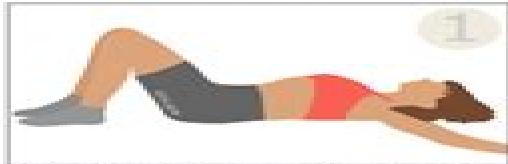
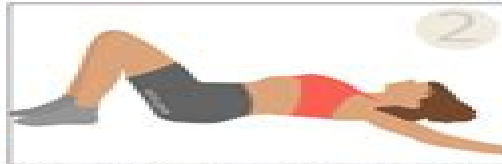


BEGINNERS CORE EXERCISES

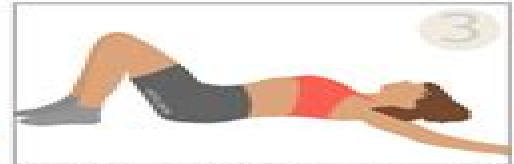
FIND NEUTRAL PELVIS



Flatten your lower back so that it is gently pressing into the floor. In this position, the pelvis is tilting **BACKWARDS**.

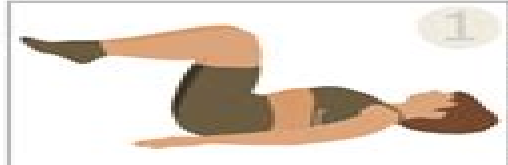


Now arch your lower back slightly to make a small gap with the floor. In this position, the pelvis is tilting **FORWARDS**.

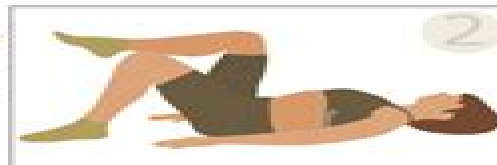


Find a position between these two where your lower back is neither in contact with the floor nor arching. This is **NEUTRAL** pelvis.

LEG LOWERS

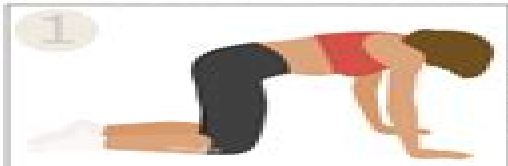


Lie on your back, hands by your side, with the legs raised, bent at the hips and knees as shown.

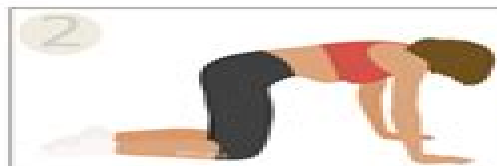


Using your core muscles to stay in neutral lower one leg down towards the floor. Return to the starting position and repeat with the other leg

AB HOLLOWING

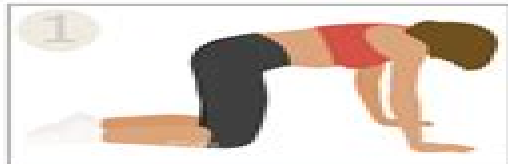


Get onto your hands and knees, with your back flat

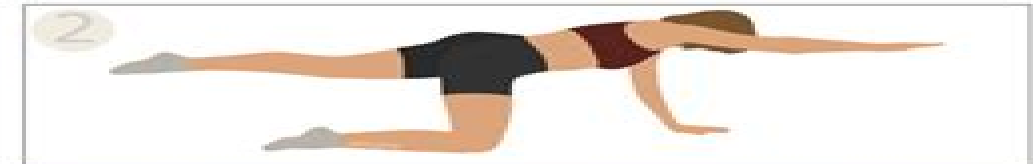


Pull your abdominal muscles in strongly to hollow the abdominal area

OPPOSITE ARM AND LEG RAISES



Start as for ab hollowing above



Keeping the core muscles engaged so that the back stays flat (not arched), raise the right leg and left arm until parallel with the floor. Hold for a count of 3 then lower and repeat with the left leg and right arm.

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Exercise Guide For Beginners

Steve Barker



Exercise Guide For Beginners:

Beginner's Guide to Fitness StoryBuddiesPlay,2025-01-19 Embark on a life changing fitness journey with this comprehensive guide designed to transform your health from the ground up Whether you re a complete novice or looking to restart your fitness path this book provides a step by step roadmap to achieving your wellness goals Packed with practical advice expert insights and actionable strategies you ll discover how to build strength improve nutrition and create lasting lifestyle changes that go beyond mere exercise beginner fitness guide fitness transformation workout routine nutrition for fitness exercise for beginners health and wellness fitness motivation body transformation strength training fitness lifestyle

14-Day Starter Pack: Workout Guide for Beginners Vianka Cotton ,2020-08-06 Whether you are a beginner or someone who has taken a break from fitness you need to start slow and build progressively day by day I developed the 14 Day Starter Pack to get you back into the swing of things and introduce you to quick and effective workouts This ebook includes 23 exercise videos Spotify Playlist Two week calendar tracker Affirmations Tips for Success and so much more

"Fundamentals: A Beginner's Guide to Mastering Essential Exercises" James Hill,2023-12-12 Fundamentals A Beginner s Guide to Mastering Essential Exercises is a comprehensive guide designed for individuals embarking on their fitness journey This guide covers key areas to help beginners understand and effectively engage in physical exercise Here s a summary of its main points Introduction to Exercise Basics The book starts with an overview of fundamental exercise concepts emphasizing the importance of combining different types of workouts for a balanced routine This includes aerobic exercises strength training flexibility exercises and balance training Setting Goals and Assessing Fitness Levels Guidance is provided on how to set realistic fitness goals and assess current fitness levels ensuring that beginners start with a clear and achievable plan Detailed Exercise Instructions Core exercises like squats push ups and planks are explained in detail with step by step instructions on proper form and technique to prevent injury and maximize effectiveness Creating a Workout Routine The book helps readers in crafting a personalized workout routine taking into account their fitness level goals and preferences Nutrition and Hydration Essential nutritional guidance is provided highlighting the importance of a balanced diet and adequate hydration in supporting exercise routines and overall health Dealing with Challenges Common challenges and setbacks that beginners might face are addressed offering strategies to overcome these obstacles and stay motivated Tracking Progress Emphasis is placed on tracking progress both to measure improvements and to maintain motivation over time Safety Tips and Injury Prevention The book includes crucial information on how to exercise safely including warming up cooling down and tips to avoid common injuries Encouragement for Ongoing Learning Readers are encouraged to continue learning and evolving their fitness knowledge and practices with suggestions for further resources and education Fundamentals Unveiled is presented as a holistic guide not just focusing on physical exercises but also addressing the mental and motivational aspects of starting a fitness routine Its comprehensive approach makes it an ideal resource for beginners

looking to embark on a sustainable and effective fitness journey **Body Mechanics - Beginner's Guide to Fitness** Mark R. Hailey, 2009-11 For many people the thought of getting into shape or just the act of exercising for that matter is like throwing a speeding locomotive into reverse An enormous amount of energy has to come to a loud grinding halt in a short period of time and then slowly begin to move in the opposite direction Getting into shape biologically is a relatively easy process the hard part more often than not is simply getting started Being physically fit takes commitment discipline concentration and an overall desire to succeed Making the commitment to physical fitness in many ways presents a greater challenge than the weights and workout routines that will follow and in the beginning many people make the mistake of training too hard and too fast causing soreness frustration and discouragement Walking blindly into a gym and grabbing a piece of equipment in the hopes that something will happen will never work To achieve your fitness goals you need to plan your work and work your plan *Body Mechanics Beginner's Guide to Fitness* helps you create that plan by helping you understand your body and the changes beginning an exercise program will play upon it *Body Mechanics Beginner's Guide to Fitness* covers the importance of making a commitment to exercise and what results you can expect in the first month How to keep up your motivation and develop a fitness program that is right for you Understanding the importance of weight training and cardiovascular training and how to get the maximum benefits of both Knowing the muscles in the human body and detailed instructions on performing different exercises to work each one employing proper form to achieve maximum results Changing one's lifestyle is never easy especially when food schedules and physical exertion are involved *Body Mechanics Beginner's Guide to Fitness* helps ease you into the world of physical fitness Taking your new exercise program one step at a time helps to condition your body to respond positively to the exciting changes that will come **A Beginner's Guide to Working Out** Dr. W. Ness, 2019-09-23 The activities people do have a huge effect on their health and overall quality of life Getting enough physical exercise is actually a fairly simple process however most people seem to be confused about what a healthy amount of exercise is and how to even begin in part this is due to the explosion of new exercise trends that have popped up over the past 50 years These new exercise and workout trends can often lead to distractions and confusions about what constitutes a basic healthy and adequate exercise routine Inside this guide *A Beginner's Guide to Working Out The Ultimate Guide to Starting an Exercise Routine for Physical Fitness* we hope to teach you the basis of what comprises a healthy exercise routine and how everyone can get a full workout as needed by their bodies to stay physically and medically healthy fit By reading our beginners guide to fitness you will learn How Much Exercise is Needed Every Day What the Best Types of Exercise Are The Different Type of Exercise Routines Where to Effectively Workout The Common Exercise Equipment People Use A 7 Day Example Exercise Routine The Added Health Benefits of Regular Exercise And so Much More Getting started on a regular healthy and non restrictive exercise program is easier and less time consuming than most people think *Fitness for Beginners: A Comprehensive Guide to Starting a Healthy Life (Simple Exercises for Stronger You*

Beginner-friendly Exercises for Strength and Stamina) John Colon, A Comprehensive Guide to Starting a Healthy Life offers practical guidance for anyone who wants to get their body in shape and live healthier Based on years of experience and sound scientific knowledge this book provides everything you need to be successful on the path to a healthier and happier life The author explains in understandable language how you can change your diet and use effective training methods to get your body in shape Resistance band workouts offer a number of benefits for seniors including Improved strength and flexibility Reduced risk of falls and injuries Increased bone density Improved balance and coordination Reduced pain and inflammation Improved cardiovascular health Better mood and sleep quality With just a small change to our daily walking habits we can become healthier and happier with the minimum of extra effort With this e book you can arm yourself with the knowledge to get started on the road to a better you Not only can you lose weight easily but other benefits of walking regularly include preventing diabetes high blood pressure and heart disease

Self Help: Mindfulness: Stress Management Guide for Beginners to Beat Anxiety and Attain Enlightenment, Peace and Happiness Through Conscious, Aware Mind and Meditation Yoga Exercises Daniel Harris, 2019-06-07 Do you want to learn simple and practical ways for everyday mindfulness With all the negativities that come with a busy and fast paced world where everyone seems to be in the pursuit of this or that goal and when these dreams do not come true frustration and bitterness becomes the order of the day it s easy to let life s issues get to you Because of this it s important to find ways to cool off and relax your mind and body so they can serve you better The beautiful thing about mindfulness is that everything can become mindfulness practice literally everything Whatever you do mindfully with presence and awareness of what you are doing you are practicing mindfulness This book is packed with lots of wisdom nuggets including some super clever tricks to practice mindful eating and using the power of mindfulness in everyday activities It takes the complexity out of the practice to give you simple actionable and effective everyday meditation tips that can be practiced even for few minutes each day In this book you will learn What mindfulness is all about Learn the difference between mindfulness and meditation Learn how to meditate for mindful awareness Mindful practices can benefit you mentally physically and socially Distinctions between traditional Eastern approaches and modern Western approaches Practical everyday tips to train yourself in mindfulness and many more Download the book today and begin to incorporate mindfulness in your life

Introduction to Health and Fitness: A Beginner's Guide Ashley Hawksworth, Are you ready to kickstart your journey to a healthier and fitter lifestyle but not sure where to begin Look no further Introduction to Health and Fitness A Beginner s Guide is your comprehensive roadmap to getting started on your health and fitness journey In this easy to follow eBook designed specifically for absolute beginners you ll learn everything you need to know to kickstart your journey to a healthier you From understanding the basics of nutrition to incorporating fitness into your daily routine this guide covers it all in a clear and straightforward manner Discover the importance of maintaining a healthy lifestyle and how it can positively impact every aspect of your life Learn how to set realistic goals track your progress and stay motivated along

the way With practical tips easy to follow advice and actionable steps this eBook empowers you to take control of your health and fitness journey Whether you re looking to lose weight build muscle improve your overall wellness or simply adopt a healthier lifestyle Introduction to Health and Fitness A Beginner s Guide provides you with the knowledge and tools you need to succeed

Kettlebell: A Beginner's Guide to Strength Training and Effective Exercises for a Lean and Strong Physique (Easy and Effective Exercises and Workouts with Dumbbells to Burn Fat and Build Muscle) Alex Fox,101-01-01 If you have ever wanted to learn how to use kettlebells the right way so you could get the best results with them then this is going to be the book you need After you have read this book you will already be ahead of most people when it comes to learning the art of working out with kettlebells You will be able to know how to use them effectively and also know exalt what workouts to perform in order to get the fitness results that you desire In the pages of this book you ll discover Colleen s story from overcoming mental blocks to breaking a world record Informative and practical basics of Hardstyle Kettlebell Technique Inspirational stories and testimonials from a diverse set of women Skill building exercises and drills Whether or not the Kettlebell is right for you You might miss out on a fun and effective way to improve your overall well being Sure there are other exercise options but kettlebells offer a unique full body workout that can be done at home with minimal equipment

A Beginners Guide to Writing Steve Barker,2023-11-25 Are you ready to embark on a thrilling journey into the world of storytelling Look no further than A Beginners Guide to Writing a comprehensive guide that will unlock the secrets of crafting captivating tales across a spectrum of genres Whether you aspire to write fiction horror fantasy science fiction romance or historical fiction this guide has got you covered Written by a team of talented and experienced authors this guide is a treasure trove of invaluable resources for aspiring authors and storytelling enthusiasts alike Its pages are filled with expert tips engaging writing exercises and insightful advice that will help you develop your writing skills and bring your visions to life on the page But that s not all A Beginners Guide to Writing goes beyond the art of writing and delves into the world of publishing With chapters dedicated to understanding the publishing industry you ll gain a comprehensive grasp of the process Learn the tips and tricks of editing and revision explore the different types of editing services available and discover effective marketing strategies to get your work noticed Whether you re a complete novice or a budding wordsmith looking to enhance your skills this guide is the perfect starting point for your writing journey Unleash your creativity hone your craft and create a compelling story that captivates readers Don t just dream of becoming a writer make it a reality with A Beginners Guide to Writing

Omad: The Ultimate Beginners Guide to Weight Loss and Better Health (The Powerful Tool of Intermittent Fasting for Modulating Your Body's Performance) Kyle Tarbell,101-01-01 This book delves deep into the science behind intermittent fasting and the OMAD approach explaining how it can be a powerful tool for improving your overall health and wellbeing In this book you ll learn how OMAD fasting can help you lose weight boost your energy levels and improve your mental clarity You ll also discover how it can help you lower your risk of chronic diseases like

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Beginner's Guide to Weight Lifting Kyle Hunt,2020-01-14 From square one to living strong a beginner s guide to weight lifting You don t have to hire a personal trainer to learn how to lift weights the smart safe way The Beginner s Guide to Weight Lifting is the perfect companion for men and women who are starting from scratch and want to begin working out at the gym or at home From air squats to barbell bench presses you ll explore beginner friendly exercises with clear illustrations so you can perfect your form get stronger while building muscle and improve your cardiovascular health The Beginner s Guide to Weight Lifting can help you get the most out of your workout routine by sharing how to set up your home gym safety tips nutrition and more It doesn t matter who you are your age or physical ability it s never too late to start weight lifting This ultimate beginner s guide to weight lifting includes Get started Learn weight lifting fundamentals like how to choose the right weight defining gym jargon and using proper gym etiquette Get training Build muscle and stamina with 35 beginner based exercises and a complete 4 week weight lifting routine that includes specific exercises sets and reps that can be modified for your skill level Get results and compliments You ll feel fitter and healthier and you may even notice a firm muscle or two plus you get well timed encouragement when you need it Lift weights without the heavy lifting all you need is the Beginner s Guide to Weight Lifting

The Home Workout Plan for Beginners Dale L Roberts,2019-02-06 Workout at Home with this Exercise Program for BeginnersAre you ready to finally start working out but don t know where to begin Wouldn t it be nice to get a simple exercise program you can do from the comforts of your home Then The Home Workout Plan for Beginners has what you need without any filler No more fooling around with fad diets trendy workout programs or questionable weight loss theories You need sound advice on the fundamentals of working out with proven results and credible resources The Home Workout Plan for Beginners gives everything you need to start your new healthy lifestyle on the right foot and continue to even better health and fitness In The Home Workout Plan for Beginners you ll discover Why you don t have to kill yourself for impressive results How short exercise sessions work but only if you do them a certain way What exercises most workout plans need but don t have Easily modifiable at home exercises Hundreds of high quality images of exercise demonstrations Over 90 days of exercise programs to keep you going for months to come This workout guide is to the point so you can start now get results ASAP Stop hoping to

get results by blindly searching online for answers Get the right information on the best steps for a beginner s home workout plan right NOW Get Your Copy and Start Your NEW At Home Workout Routine TODAY **Fitbit Charge 2: The Complete Beginner's Guide** Gack Davidson,2017-01-29 The FitBit Charge 2 is the best selling tracker for FitBit It is an improved and innovated version of Charge HR The improvements are not so subtle most prominent being the large OLED screen with tap display The upgrade is especially a welcome edition for those who are more into fitness tracking FitBit Charge 2 has multi sport tracking and can pair with your phone and provide enhanced functionality in the presence of GPS CONTENTS You FitBit Charge 2 comes with three basic components Fitbit Charge 2 tracker Charge 2 Classic wristband Charging cable The wristband is detachable and you can swap it for other colors and materials sold separately **Kettlebell: The Ultimate Kettlebell Workout to Lose Weight (The Exercise Guide for Women to Build Strength, Lean Muscle, and Self Confidence to Overcome Limiting Beliefs)** Christopher Brown,101-01-01 The advantages of this particular style of training include but are not limited to decreasing body fat increasing muscle mass improving posture increasing strength increasing endurance and improvement in your mind body connection Complete with true stories from women who have been where you are now and made it through to the other side with the help of the kettlebell this guide is designed to be both educational and motivational If you have trouble staying present in the moment or listening to your body this technique will help you reconnect your mind to your body because it involves fast motions with heavy equipment which means you have to focus to avoid injury You ll discover The correct weight size and number of kettlebells to use for any purpose The top 30 kettlebell exercises each fully illustrated to get you into shape fast The most effective kettlebell workouts for your abdomen to finally get that six pack How to automatically trigger muscle confusion to promote varied muscle development The best diet plans for weight loss and optimum fat burning and much much more It is often described as the perfect mix of cardio and strength training Each workout is quick 30mins max and simple yet will yield impressive results if you stick with it consistently and follow the diet You simply cannot beat kettlebells for quality cardio strength without bulk strengthening the core and posterior and simplicity you can do the workouts in your back yard or bedroom if you like [A Beginner's Guide to Informatics and Artificial Intelligence](#) Wei Weng,2024-05-18 Embark on a transformative learning journey with this book a concise and engaging short course for those taking their first steps into the realms of information science and AI Ideal for undergraduates graduates and professionals this book lays a sturdy foundation upon which readers can build whether their aim is to undertake research projects pursue a career in technology or simply understand the workings of the digital age The learning objectives are Foundational understanding Build a sturdy foundation by introducing basic concepts and gradually progressing to advanced topics Practical problem solving Foster the ability to solve real world problems through guided exercises and application oriented learning Holistic knowledge Provide a holistic understanding of information science and AI empowering learners to contribute meaningfully to the future of these disciplines The key features are Comprehensive

coverage Explore computer science basics to advanced AI techniques for a holistic understanding of the field Engaging writing style Complex concepts made approachable for beginners without sacrificing depth Bridging theory with application Real world scenarios illustrate and encourage practical applications Practical exercises Guided hands on exercises develop problem solving skills ensuring a practical understanding of the material Enriched learning experience Vivid examples flowcharts and interactive elements bring concepts to life E lectures of the book Informatics and Artificial Intelligence for Beginners I II will be released on Springer Video soon to further enhance the learning experience

The Complete Guide to Suspended Fitness Training Ben Pratt,2015-09-24 The Complete Guide to Suspended Fitness Training is a comprehensive resource packed with training ideas and how the equipment can be used to improve functional strength stability rehabilitation as well as sports specific training Includes information on Types of suspension systems and attachments The benefits of suspended fitness training Safety considerations Upper body lower body and core exercises progressions and variations as well as common faults Beginner intermediate and advanced programmes and sessions Training sessions for sports This is ideal reading for anyone interested in fitness and weight training and how get the most out of this equipment for their training programme or that of their clients

[Generative AI and ChatGPT Prompts in Business: For Beginners and Non-Techies](#) Deepak,2025-02-01 In Generative AI and ChatGPT Prompts in Business For Beginners and Non Techies readers are introduced to the exciting world of generative AI with a focus on how tools like ChatGPT are revolutionizing industries enhancing creativity and simplifying workflows Written in a conversational friendly tone this eBook is perfect for beginners and non techies who want to understand AI concepts and apply them effectively in everyday tasks or professional settings From understanding the basics of generative AI to crafting effective ChatGPT prompts and exploring its practical business applications this comprehensive guide is packed with real world examples step by step tutorials and actionable insights Readers will walk away equipped to use AI for everything from content creation customer support automation and marketing strategies to improving productivity and brainstorming creative ideas

What You ll Learn

- 1 Generative AI Basics Made Simple Learn what generative AI is how it works and why it s different from traditional AI
- 2 Master ChatGPT Understand how to set up ChatGPT craft prompts that get accurate results and troubleshoot common mistakes
- 3 Practical Applications Explore how generative AI is being used in content writing marketing customer service and more
- 4 Advanced Concepts Discover the potential of fine tuning API integration and personalized AI models without getting lost in technical jargon
- 5 Ethical Considerations Learn how to use AI responsibly avoid bias and combat misinformation for ethical AI adoption
- 6 Future Trends Stay ahead of the curve with insights into emerging AI technologies including multimodal AI and personalized models

Who This EBook Is For This eBook is for anyone curious about the potential of generative AI Business professionals looking to automate tasks enhance productivity and scale creative workflows Entrepreneurs and small business owners eager to adopt AI for content creation or customer engagement Writers marketers

and educators seeking to unlock new ways to generate content and engage audiences Students hobbyists or tech enthusiasts who want an accessible guide to understanding and using ChatGPT effectively Why This EBook Stands Out Unlike technical manuals this eBook is written in a light hearted and conversational tone making it accessible to readers of all skill levels Whether you re a total beginner or someone with a bit of experience the step by step guides real world case studies and practical exercises will make generative AI easy and fun to use Bonus Content 500 Ready to Use ChatGPT Prompts Get inspiration for crafting prompts for everything from business emails and blog posts to social media captions and personal productivity tasks A glossary of key terms tools and recommended resources to keep you learning Why Generative AI Matters for the Future As industries increasingly rely on AI to innovate and automate understanding tools like ChatGPT is no longer optional it s essential This eBook highlights the transformative power of generative AI showing how it can be a game changer for businesses content creators and everyday users

Mediterranean Diet for Beginners: A Straightforward Guide

Outlining Simple Rules for Weight Loss and a 2-Week Meal Plan to Get You Started Jenna Andrews, Have you struggled to lose weight or just want to become healthier and improve your life There are countless diets out there claiming to help people lose weight gain the body of their dreams and attain health The truth is that these diets are simple fads with little science to back them up Fad diets such as these have people giving up fats carbs and a number of other foods or entire food groups The Western world has been taught that being on a diet means restricting oneself However life doesn t have to be this way In fact it shouldn t be this way The Mediterranean diet is an answer to these problems While it may be called a diet it is an entire lifestyle Unlike fad diets which have only been around for a short time the Mediterranean diet is the eating style people throughout Mediterranean countries have lived on for centuries This lifestyle has been tested and proven through time to be effective and maintainable Not only that but numerous studies have been conducted on this way of eating all of which have found it to be beneficial While other books may try to sell you a quick scheme to lose weight the Mediterranean diet doesn t make false promises You may not lose weight as quickly as you would with a crash or fad diet but the weight you lose on the Mediterranean diet will stay off unlike with those other ones All too often after quitting an un maintainable crash diet a person gains back more weight than they lost and are only left with an added five pounds and a damaged metabolism The same is not true of the Mediterranean diet Over time you will slowly achieve the weight loss you hope for but more importantly you will gain improved health Through this book you will learn how to easily follow the Mediterranean diet to successfully reach your goals You can learn the science and history behind the Mediterranean diet in an easy to understand manner gaining helpful insight into this centuries long lifestyle In this book you will find The deep and varied history of the Mediterranean diet How Dr Keys developed the Mediterranean diet plan for better health An in depth look into the science behind the Mediterranean diet and why it works so well The many health benefits of going Mediterranean including weight loss heart health reduced cancer risk and more How you can start your weight loss journey

on the Mediterranean diet Adopting the Mediterranean diet easily with simple to follow steps The Mediterranean food pyramid and the healthy foods it contains Answers to frequently asked questions A two week menu plan complete with breakfast lunch snack and dinner ideas to get you started And more With all of of the healthy benefits you receive it s clear why a Mediterranean style of eating is gaining popularity Join the league of thousands of satisfied customers and try this delicious diet out for yourself Scroll up and click the BUY NOW button and order this book today The new YOU is waiting

A Beginner's Guide to Yoga - Yoga for Good Health and for Weight Loss John Davidson, Dueep J. Singh, 2013-05-15
A Beginner s Guide to Yoga Yoga for Good Health and for Weight Loss Table of Contents Introduction to Yoga The History of Yoga The Guru Shisya Tradition Practicing Yoga in Your Daily Life Your Yoga Lifestyle Getting to Know More about Beginners Yoga Who can Best Teach You Yoga Learning Yoga Online Finding the Best and Well Qualified Yoga Teachers Tips for Beginners Yoga So What Should You Expect from Beginners Yoga How to Do Yoga Beginner Yoga Poses and Techniques Padmasana The Lotus Pose Shavasana the Corpse Pose The Cobra Pose Bhujangasana Most Effective Yoga Poses Sukhasana The Pose of Relaxation Vajrasana the Rock Pose the Resting Pose or the Diamond Pose Siddhasana the Perfect Pose Yoga for Weight Loss More about Yoga The Control of Life Pranayama Bikrama Yoga for weight loss Suryanamaskara Greeting the Sun Ashtanga Yoga the Yoga of Eight Limbs Meditation Conclusion Resources and helpful URLS Author Bio Introduction to Yoga This book is going to tell you a little bit about yoga I am not going to go very deeply in to the esoteric and traditional aspects of yoga because that knowledge is only gained through years of training by a wise and experienced guru but you are going to get to know more about this ancient tradition which has come down to benefit mankind down the ages What is Yoga Ask any health conscious person this question and he is going to inspect the ceiling thoughtfully and say something on the lines of ahhh umm Is not yoga made up of some exercise routines in which you lie down on a mat and twist your body into different shapes These exercises are to get rid of weight and will make sure that you keep fit fine and healthy When you nod and say Go on he is going to continue enthusiastically And then you are going to be chanting some mantras all the time that you are doing these exercises because that is the way it is done Hold it right there You are right that yoga is basically a set of exercises but let me explain about the idea of mantras and chanting This idea that you have to chant instant mantras in praise of the gods is perhaps the reason why so many people are not taking benefit of this ancient Eastern tradition That is because they consider this to be religion area and civilization specific This is definitely not so An American friend once asked me if I practiced yoga being an Indian I nodded and she replied a bit bewildered But you are not a Hindu So why would you want to practice yoga And then she shrugged her shoulders and said Well I guess it is just a passing phase this interest in yoga This was 20 years ago and for all those people out there who still are under the impression that yoga is a religion specific tradition let me tell you a little bit about this ancient traditional way of keeping healthy And I am glad to see that she has been proven wrong because Yoga is definitely not a fad It is not here today gone tomorrow More and more people in the

West and also all over the world are getting interested in this natural way of keeping healthy and physically emotionally spiritually and mentally fit Yoga has been around for more than 5000 years It has been practiced in Asia in different ways and under different names with one goal achievement of spiritual harmony and physical well being The Chinese have their own version of yoga Taichi and Taijiquan which includes mental and physical exercises including meditation So have plenty of old Eastern civilizations down the ages Yoga is a state of mind it is also the art of living in which the mind body and spirit work in tandem to achieve the state of mental physical and emotional harmony And if that is too philosophical for you you can consider yoga to be a system in which you are getting in touch with your mind body and spirit in a really positive manner

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