

Yoga and Education



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True yoga is not about the shape of your body, but the shape of your life. Yoga is not to be performed; yoga is to be lived. Yoga doesn't care about what you have been; yoga cares about the person you are becoming. Yoga is designed for a vast and profound purpose, and for it to be truly called yoga, its essence must be embodied.

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YOGA AND EDUCATION

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Published by:

HAVISH PUBLICATION

‘SHIVAMSH’, SLT Layout, Opp to MAX Poornodya, Kuvempu Nagara,
Opp to JNNCE College, Savalanga Road, Shivamogga -577201

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First Edition: 2020

Reserved: Publishers and Writers.

Cover Page Design By: Ravikumar N. G.

ISBN : 978-1-64850-294-1

Price: Rs 149-00

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Yoga and Education

Yoga is a physical journey. But it is also a mental practice. Yoga practitioners are able to work through emotional stress and psychological challenges. A while holding a few difficult poses. This book entitled Yoga and Health Education for all human beings. The main emphasis of this textual material is on developing physical fitness, emotional stability, concentration and mental development among the learners. It consists of eight units. The first unit is an introductory unit. The other seven units give a brief description of Asanas, Pranayamas, Suryanamskara and Meditation followed by successive actions or steps of these yogic practices. The language and explanations are simple and profusely illustrative so that students can learn and practise it even at home. This material is useful for teachers and others who wish to learn some common and important yogic practices for healthy living. The success of this effort depends on the steps that school, Colleges principals and teachers will take to encourage students to do these practices and reflect on their learning.

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XpressPublishing
An Imprint of Notion Press

Price ₹149

ISBN 978-1-64850-294-1



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