



Yoga for Fitness and Wellness (Wadsworth Activities)

Ravi Dykema

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YOGA FOR FITNESS AND WELLNESS is designed for the basic Yoga course. In Chapter 1, we ask, "What is Yoga?" In Chapters 2 and 3, we explore the history and philosophy of Yoga, and then in Chapter 4, we focus on the theories of Hatha Yoga, which is the kind of Yoga upon which all modern exercise-focused Yoga systems are founded. The rest of the book explores the exercises of Yoga: breathing, stretching and strengthening exercises, relaxation and meditation. The overall goal of this text is that it, along with the Yoga class, will inspire students to include Yoga as one of the activities they can do to stay healthy for the rest of their lives!



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