

## Start your workout with Yoga for more flexibility and injury prevention

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Deriving its philosophy from the Indian metaphysical beliefs, Yoga aims to strike a balance between mind and body and attain self-enlightenment. One of the oldest physical discipline in existence, it makes the use of movement, breath, posture, relaxation and meditation to establish a healthy, lively and balanced approach to life. Yoga brings stability and relaxation to the mind and helps the individual to have a clear thinking. Apart from its cognitive benefits, Yoga serves as the best medium to enhance the beauty and the being of a person. However, performing Yoga requires a person to follow some specific guidelines, in order to achieve best results. There are various do's and don'ts that a person needs to follow before, while and after performing Yoga. To know more about Yoga practicing guide, Contact Fitness Builders 4 Life.