

# Yoga For Common Diseases

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yoga can cure almost any disease under the sky. in fact it would be fair to say that you can stay free from all diseases if you practice yoga asanas regularly.

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yoga has many benefits. the various yoga asanas (postures) help to stimulate different parts of the body and make them more resistant to common diseases.

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yoga is a technique of self awareness that integrates the mind and body. the word 'yoga' is derived from the sanskrit... by anamikasjain

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yoga states that diseases, disorders and ailments are the result of faulty ways of living, bad habits, lack of proper knowledge of things related to individual's life ...

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