



# YOGA

Yoga is a physical, mental, and spiritual practice that combines postures, breathing techniques, and meditation. It is a holistic approach to health and well-being, promoting flexibility, strength, and inner peace. The practice is rooted in ancient Indian philosophy and has evolved into various styles, including Hatha, Vinyasa, and Restorative Yoga. Regular yoga practice can help reduce stress, improve focus, and enhance overall quality of life.



# 2025 Edition Yoga Practice

**Rose Army**



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