



# **Yoga Basic Knowledge: Exercises, Stories, Meditation and Enlightenment. Yoga for Beginners, Inner Peace and Happiness.**

*Nils Horn*

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Yoga is a path of health, relaxation and happiness. We cleanse systematic our body and mind of the tensions (samskaras). This gives us inner happiness, healing and ongoing health. The body becomes healthy. The mind becomes positive. We get the properties of inner peace, inexhaustible energy, mental clarity, embracing love, joy and kindness. Yoga provides a variety of techniques. It has techniques for the body and the mind. We should practice each yoga exercise so that it works well for us. What hurts us, we omit. What is good, that we do. We can vary all yoga exercises creatively.

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