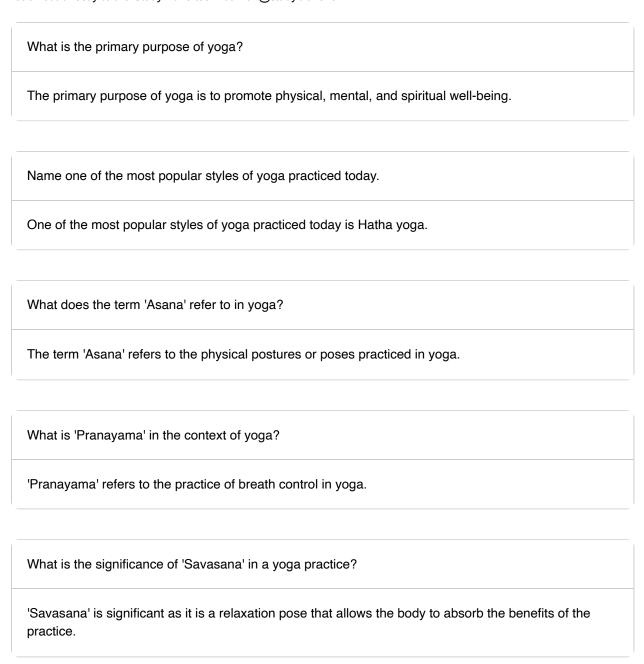


## Yoga Flashcards PDF

Yoga Flashcards PDF

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Yoga benefits mental health by reducing stress, anxiety, and depression while promoting relaxation and mindfulness.  What is the meaning of 'Namaste'?  'Namaste' is a greeting that means 'I bow to you' and is often used at the beginning and end of yoga classes.  What are the eight limbs of yoga as outlined by Patanjali?
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classes.
What are the eight limbs of yoga as outlined by Patanjali?
What are the eight limbs of yoga as outlined by Patanjali?
The eight limbs of yoga are Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, and Samadhi.
What is the role of meditation in yoga?
Meditation in yoga helps to cultivate mindfulness, focus, and a deeper connection to oneself.
Can yoga be practiced by people of all ages?
Yes, yoga can be practiced by people of all ages and fitness levels.