



Slow-mo Yoga

Doris Richardson-Edsell

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Anyone can learn yoga, especially in slow motion. You do not have to be extremely flexible because you are wherever you are in your yoga practice; there is no competition, and you will improve your flexibility with practice. I believe that if you take it slow and easy, yoga becomes a part of you, full of wonder and growth. Grow strong in your yoga asanas by practicing in silence with stillness not only in your body but your mind and soul. Begin your yoga practice in slow motion and everything in your body will gradually come back to where it is supposed to be. And the added advantage is that you will feel strong in your unique asanas because you come into them slow and deeper; in a meditative way that helps you with your breath.

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