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PARAGRAPH ON YOGA

Yoga is one of most popular body practices in the world. Yoga makes us fit and healthy. Yoga allows clearing mind and reaching a more peaceful life approach. The main idea of yoga practice is to learn how to control body parts movements using various breathing exercises. Yoga is a form of exercise that originated in ancient India. The act of yoga consist of many 'Asana' that have many different physical benefits. In breathing exercise if we do pranayama our oxygen level must improve.

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