

## Benefits of Learning Yoga | Yoga School



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Well, we often find people on the street who looks lost. Starting from students in schools & colleges and ending with middle-aged commuters, most of them look preoccupied with stress, workload, and mental pressure. As said by the mystic minstrels of Bengal, 'the world resides not outside but within a self.' When the world is busy racing for money, let's keep the inner body in peace. But how?

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