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mar 28 2025 se você está pensando em começar a praticar yoga mas não sabe por onde começar este guia é para você as aulas de yoga para iniciantes são uma excelente maneira de introduzir se

você não precisa ser flexível jovem ou já ter uma rotina saudável para começar se você tem

um corpo e respira você pode praticar yoga este guia foi feito para tornar esse caminho simples acessível e

oct 23 2025 para ver como o yoga se encaixa entre os diferentes tipos de exercícios físicos confira nosso artigo sobre quais são os tipos de exercício físico e seus benefícios antes de avançar às

feb 19 2025 o yoga é uma prática milenar que melhora o bem estar físico e mental ajudando na flexibilidade no controle do estresse e na concentração neste artigo você encontrará tudo o que

dec 25 2024 se você quer descobrir como começar a praticar yoga e aproveitar todos os seus benefícios este artigo foi feito para você o que é yoga yoga é uma prática milenar que combina

jun 4 2025 o yoga vai muito além da flexibilidade É uma prática completa de corpo e mente com benefícios que incluem mas para que esses benefícios aconteçam de verdade é importante

entender o que é o yoga e seus verdadeiros propósitos pode ser o primeiro passo para uma prática rica e satisfatória neste artigo vamos abordar desde as origens do yoga até as posturas básicas que

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