

A woman with dark hair tied back in a bun is shown in profile, performing a yoga pose. Her arms are raised and bent at the elbows, with her hands clasped together near her head. Her eyes are closed, and her expression is serene. She is wearing a dark-colored top. The background is a plain, light gray color.

Why Yoga Strengthens the Mind According to Science

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Yoga For Beginners Science Experiments Compare

Patrick Vollmar



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