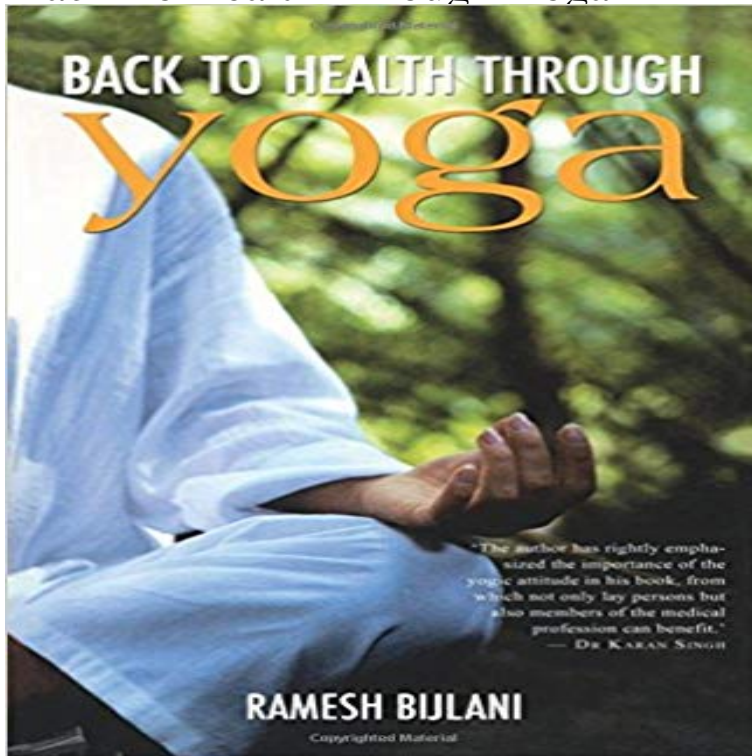


## Back To Health Through Yoga



Back to Health Through Yoga sees yoga as an integral part of mind-body medicine. Mind-body medicine aims at correcting lifestyle faults that are responsible for disease and creating the best possible conditions for a reversal of the process which led to illness. It is known that the body has powerful self-healing mechanisms, including a well-organized, in-built pharmacy. However, self-healing is favoured by the right conditions which are best created by yoga. Postures, diet and sleep (called physical culture in yoga terms), meditation (which helps stress) and the yogic attitude (for sustained relief from stress) are all a part of yoga and have an important place in mind-body medicine.

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