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In this upstate town, the villages and hamlets have distinct personalities, but agriculture is a common theme.

Red Hook, N.Y.: A Farming Town With a Welcoming Community
The Guardian's picture editors select photo highlights from around

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the world Matt Fidler

Photograph: Omar

Marques/Getty Images

Photograph: Raymond

Hall/GC Images

Photograph: Loïc

Venance/AFP ...

Monday's best

photographs: summer

solstice and

International Yoga Day

Yoga For Immunity:

Yoga Asanas That Can

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Boost Your Immune System: Can yoga help me boost immunity? Can doing asanas help us strengthen our immunity system? The answer is yes. Regular practice of ...

**Yoga For Immunity:
Yoga Asanas That Can
Boost Your Immune
System | International
Yoga Day**

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performs Yoga on
International Day of
Yoga alongside
Pangong Tso lake in
Ladakh. (Photo: PTI)
Yoga practitioners
attend a class on the
Edge Observation Deck,
billed as the 'highest
outdoor sky ...

PPE kits, sky decks, city
squares: How the world
celebrated this year's

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Yoga Day

While most of us are aware of the positive impacts of yoga on our physical health, did you know that yoga can also benefit your skin tone and complexion?

Actress and influencer Ritwika Gupta ...

The power of Yoga for glowing skin

Look, if there's one

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Gallery
thing that I've taken away from the pandemic, it's that you can do almost anything from the comfort of your own home—including fitting in a quick flow before a Zoom meeting thanks ...

Feeling Super Stressed and Tight? These Yoga Apps Were Made for You

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Gallery The best photos from the international wire agencies as chosen by our picture editors ...

Gallery: The best photos from around the world
Kendall Jenner 's latest athleisure look is totally on trend and perfect for summer. The model and reality star took to her Instagram Story on July 6 to show off her cute

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Gallery set from Alo Yoga, the
...

Kendall Jenner's Tie-
Dye Alo Yoga Set Is
Perfect for Summer --
Shop Her Look

International Yoga Day,
also known as World
Yoga Day is
commemorated on June
21 every year to
appreciate the perks of
physical, mental, and

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spiritual health that yoga
has brought to the world
for ...

International Yoga Day
2021 – "Yoga for Well-
being"

Looking to try a new
outdoor summertime
activity? Newswatch
16's Ryan Leckey
shared where you can
take the plunge to try
paddleboard yoga in

File Type PDF Y Yoga Photo Gallery Luzerne County.

Paddleboard yoga makes a splash in Mountain Top area
Jessamyn Stanley's new book, "Yoke," begins with a spiritual awakening prompted by a typo. A late-night email alerted Stanley to a misspelling printed in her first book, "Every Body Yoga" She'd ...

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The yoga of everyday life: Jessamyn Stanley on nourishing the spiritual and physical body

Not one of the “Black history” photos we’ve seen of ... Rosa was doing yoga. The unexpected image became the touchstone for Black Women’s Yoga History: Memoirs

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of Inner Peace by
Stephanie Y. Evans, Ph

...

This Yoga History Book
Chronicles Black
Women's Journey to
Inner Peace

A recent research paper
by an expert at the All
India Institute of
Medical Sciences
(AIIMS) says that yoga
could be incredibly

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beneficial for people with arthritis. The research paper titled 'yoga ...

Yoga Could be Used as an Adjunct Therapy for Arthritis

Meghan Smith of Hot on Bank had a whale of an audience while leading a BeluYOGA class Wednesday at Mystic Aquarium. The ...

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BeluYoga brings yoga to the whales at Mystic Aquarium

From an annual yoga meeting in a Mexican desert, to suspects in the assassination of the Haitian president, to a child mourning his father who died from COVID-19 in Manila, this photo gallery ...

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AP Week in Pictures:
Global

STATEN ISLAND,
N.Y. -- Bobby Digi ...
film making and photo
journalism; spoken
word and poetry; yoga
and mindfulness and a
Climate Crisis Action
Team. “At the end of
summer program, the
students ...

New program launched
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to help youngsters,
teenagers adjust to life
after COVID

Best 5 Yoga Apps That
You Should Check Out:

International Day of
Yoga is celebrated with
much enthusiasm every
year on June 21. The
Covid-19 plight was not
just a physical crisis, it
also left ...

International Yoga Day

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2021: Best 5 Yoga Apps
That You Should Check
Out | Watch Video
With roots in Indian
Philosophy, Yoga can
provide a robust
approach to health and
wellness. Yoga's
physical and mental
benefits offer assistance
for many health ...

Free Yoga classes in the
Capital Region

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From summer solstice rituals in a Siberian village, to Juneteenth celebrations in the United States, to International Yoga Day in Venezuela, this photo gallery highlights some of the most ...

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