

## Yoga Workout



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### Bikini Body Yoga

On a quest to look better at the beach -- and have a healthier body, stress-free mind and soaring spirit? Try these four yoga moves.

- [Boost-the-Burn](#)



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### At Home Yoga



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When it comes to starting a yoga routine, what could be better than the privacy of your own home?

Our expert chimes in on what you should know before getting down on the mat.

- [Get Started](#)

### Yoga Essentials

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- [Getting Started Tips](#)
- [Strength-Building Poses](#)
- [Types of Yoga](#)
- [Yoga Community](#)
- [Yoga For Weight Loss](#)

### Yoga or Pilates?

Do you prefer yoga or Pilates?

Yoga	54%
I like both.	37%
Pilates	9%

Total Votes: 676  
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### Yoga for Strength



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If you think it isn't possible to tone up and gain strength without hitting the gym, think again. Get the

411 on why yoga can be just as effective for strengthening as weight training.

- [Strengthening Moves](#)

### Start Losing Weight



Confused by all the different diets and workouts around? Cut through the clutter with our simple guides, reviews and tips.

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