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Iyengar yoga can improve strength and flexibility through breathing exercises, alignment, and various postures. Asanas, a personalized sequence of yoga poses, can

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Yoga can be beneficial to people with MS as long as they find the appropriate class, teacher or video. More and more MS experts note that yoga, with its emphasis on

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1. PLoS One. 2014 Nov 12;9(11):e112414. doi: 10.1371/journal.pone.0112414. eCollection 2014. Yoga for multiple sclerosis: a systematic review and meta-analysis.

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