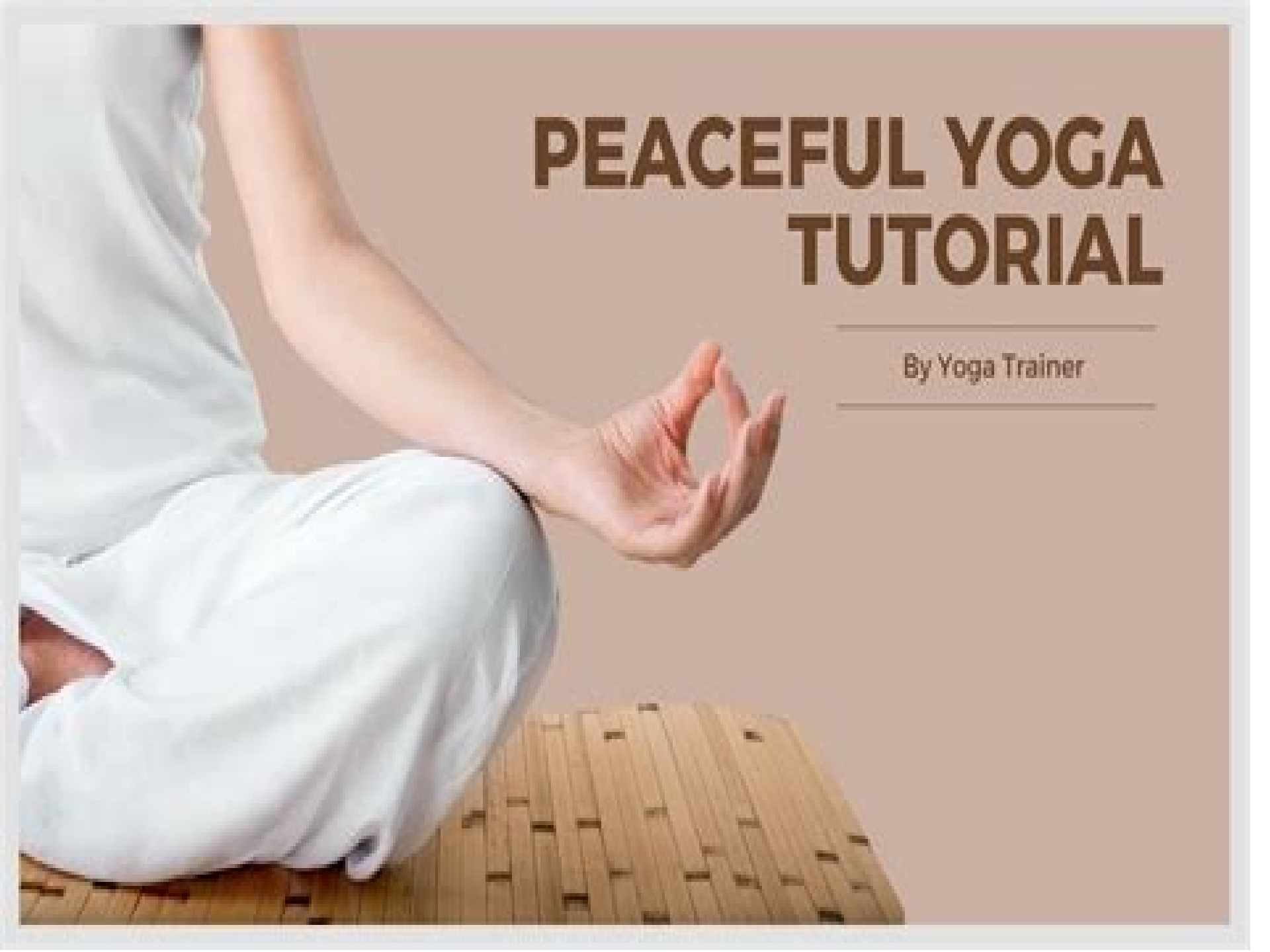


A person is shown from the waist down, sitting in a meditative pose on a wooden mat. They are wearing white pants and have their right hand raised in a mudra. The background is a solid light brown color.

PEACEFUL YOGA TUTORIAL

By Yoga Trainer

Yoga For Beginners Price Tutorial

Ying-Ying Zheng

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

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Communication Remix was born out of a series of questions about the paradoxical nature of yoga How do individuals and groups define yoga What does it mean to practice yoga and what does this practice involve What are some of the most important principles guidelines or philosophical tenets of yoga that shape people s definitions and practices Who has the power and authority to define yoga What are the limits if any of shared definitions of yoga Kristen C Blinne explores the myriad ways yoga is communicatively constructed and defined in and through popular culture in the United States In doing so Blinne offers insight into the many identity work processes in play in the construction of yoga categories illuminating how individuals and groups words and actions represent practices of claiming part of a complex communicative process centered around membership categorization based on a range of authenticity discourses Employing popular culture writing styles Blinne ultimately contends that the majority of yoga styles practiced in the United States are remixes that can be classified as pop culture yoga a distinct way of understanding this complex phenomenon *Yoga Journal* ,1993-09 For more than 30

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