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Yoga for Men

Physical, mental, & spiritual wellness isn't something only for women

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We want to breakdown the preconceptions that yoga is something to be practiced mainly by women. Want to experience just how challenging yoga can be? Try these three poses and you'll soon discover that yoga isn't for the faint of heart.

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3 Of the Most Challenging Yoga Positions

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-  Contributors (13)
-  Fashion & Beauty (62)
-  Giveaways (26)
-  Health (164)
-  Home & Garden (101)
-  News (52)
-  Parenting (53)
-  Recipes (180)



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1. Handstand: This pose is great for strengthening your back, shoulders, and core, while improving athletic balance and focus. Try the variation with just one arm to really challenge yourself! You'll find the [basics of the handstand pose here](#).

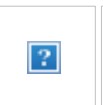






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2. Crow pose: A strong core is what every man wants, and this pose will definitely get you there. In particular, the crow pose strengthens abs and stability muscles, along with your biceps, triceps, shoulders, and forearms. [Get the mechanics of the pose here](#).

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3. Downward facing dog: Perhaps one of the most classic yoga poses, this one is particularly useful for men since most suffer from tight hamstrings. The downward facing dog pose also stretches feet, shoulders, calves, and the core, relieving chronic back and leg pain while building upper body strength.

[Find out more about these poses here.](#)



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Still not sure yoga is for you? If you're a man on a mission to find a great Valentine's gift for your yoga-loving sweetheart, why not give her the gift of couple's yoga lessons? It may be a great way to bond with your partner while exploring the many benefits of the practice for yourself.

Here are some more ways to practice yoga as a relaxation technique, to relieve stress and tension >>

About the Author:

Maryruth has been seeking the keys to environmental justice—both at home and at work—for over a decade. Growing up adjacent to wild spaces, Maryruth developed a healthy respect (and whimsical appreciation) for things non-human, but her practical mind constantly draws her down to earth to ponder tangible solutions to complex eco-problems. With interests that range from green living to green business, sustainable building designs to organic gardening practices, ecosystem restoration to environmental health, Maryruth has been exploring and writing about earth-matters for most of her life. Of special interest is the subject of ecopsychology and the role the natural world plays in the long-term health and well-being of humanity. You can learn more about Maryruth's work by [visiting her site](#).

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