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Happy Back Yoga Your Complete

Does the idea of practicing family yoga together sound like a dream come true? Or perhaps it sounds more like a nightmare - your children protesting when you announce it's yoga time, complaining as ...

Get Your Whole Family Practicing Yoga Together In 5 Easy Steps

FC Edmonton will get a second chance to make a first impression. After playing its first eight

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Canadian Premier League games of the season at IG Field in Winnipeg, FC Edmonton return home to Clarke ...

FC Edmonton happy to be back home to complete CPL season

WHEN you suffer a cut, you reach for a plaster. Got a headache? Take a painkiller. But what do you do when you're feeling frazzled, anxious or stressed? Few of us will have escaped those emotions ...

From rubik's cubes to getting a vit hit - take back control of your stress

On this day, people send greetings to their friends and exchange gifts, not just in metro cities but other parts of the country too. It is a day to acknowledge the role your close friends play in your ...

Happy Friendship Day 2021: Send BEST Happy Friendship Day WhatsApp wishes, status, DP, stickers, GIFs, messages, quotes, and MORE

This lower-body strength workout, using smaller fitness tools such as kettlebells, will reignite your motivation for fitness.

This 15-minute lower-body strength workout from Kayla Itsines will reignite your gym motivation

It's a warm summer morning and Maria Colby's mission is to band a young bald eagle, rescued after it tumbled from its nest a few weeks earlier.

Getting wildlife back into the wild

On "Happier Than Ever," Billie Eilish's sophomore full-length album, she completely embraces a new persona: bold and successful, but nevertheless facing conflict.

On "Happier Than Ever," Billie Eilish begins to ditch her old self

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Yoga, the simple practice of stretching to achieve core strength and relaxation, has been around in the Southside for decades - yet it has ...

Yoga becoming more accessible to Black, disabled, low-income communities in Southside

For this Lenovo Yoga 9i 14 review, I tested out the version with the Intel Core i7 processor, 16GB of RAM and 512GB of storage. You can pick it up for \$1,690 in the US and £1,600 ...

Lenovo Yoga 9i 14 review: combining sophistication with speed

HE is on a mission to help our pets . . . and is here to answer YOUR questions. Sean, who is the head vet at tailored pet food firm tails.com, has helped with owners' queries for ten years.

From a chihuahua scared of water to a tabby with strange behaviour — your pet queries answered

Felicia Savage Friedman has completed four flights of her anti-racist, Raja yoga teacher training for over 80 people. Her trainings have ranged between 8 and 13 months long and have branched out to ...

Yoga Roots On Location owner says "there is no separateness" between business, wellness and social justice

With both of their hometown roots coming from Kincardine, and being business partners running Gilley's Feed Lot together from 2011-2014 for the Kosmerly's, a conversation of becoming partners again ...

Back to Business

The New England Patriots take the field for Day 3 of training camp with coach Bill Belichick saying

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the veteran has a leg up on rookie Mac Jones. .

Live from Patriots training camp: J.C. Jackson's happy to be back in New England

In order to make your best friend feel more special you can always get your hands on some of the coolest gadgets in the market to gift them ...

Happy Friendship Day 2021: List of smart gadgets you can gift your BFF on this day

The pandemic has changed Nupur Khandelwal, co-founder of Navia Life Care's view of life in many unexpected ways. "I have learned to truly appreciate the small things in life. Now ...

Navia Life Care co-founder rediscovered her love for painting during the lockdown; yoga mat became her constant companion

A balcony is a prized amenity for apartment dwellers. These balcony decorating ideas will help you create a cozy outdoor hangout, no matter how small your space.

6 Simple Ways to Turn Your Balcony into an Outdoor Oasis

orld 10 000m record holder oshua heptegei is happy to settle for llympic silver medal having almost withdrawn due to what he described as mental p ...

Ugandan athlete Joshua Cheptegei happy with Olympic silver on back of enormous pressure

Brownlee teamed up with Jess Learmonth, Georgia Taylor-Brown and Alex Yee to hold off the United States and France in the Games' first mixed relay.

'Olympics, I've completed it' - Jonny Brownlee gets his gold in mixed team relay

Cat owners know that their pets can sometimes be quite hard to read. Unlike dogs, our feline

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friends aren't always an open book when it comes to their emotions.

Understanding 'cat': What your beloved pet is trying to tell you

Sonu Sood and Farah Khan team up after four years to recreate Altaf Raja's Tum to thehre pardesi; single to drop on actor's birthday ...

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