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Author: Holger Cramer Romy Lauche Jost Langhorst Gustav Dobos



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Is one yoga style better than another? A systematic review of associations of yoga style and conclusions in randomized yoga trials

Authors

Holger Cramer^{1,2}, Romy Lauche^{1,2}, Jost Langhorst¹, Gustav Dobos¹

¹Department of Internal and Integrative Medicine, Kliniken Essen-Mitte, Faculty of Medicine, University of Duisburg-Essen, Essen, Germany

²Australian Research Centre in Complementary and Integrative Medicine (ARCCIM), University of Technology Sydney, Sydney, Australia

Corresponding author

Dr. Holger Cramer

Kliniken Essen-Mitte

Klinik für Naturheilkunde und Integrative Medizin

Knappschafts-Krankenhaus

Am Deimelsberg 34a

45276 Essen

Germany

Phone: +49(0)201 - 174 25054

Fax: +49(0)201 - 174 25000

Email: h.cramer@kliniken-essen-mitte.de

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