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Yoga Poses

for beginners



Yoga For Beginners Deal

Sri Aurobindo



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Higher Psychological Development (Yoga Philosophy) an Outline of the Secret Hindu Teachings Hereward Carrington, 1920 The Vedanta Kesari, 1996

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Bhakti-yoga Swami Vivekananda, 1922 Râja Yoga Messenger, 1925 **Yoga, Or, Transformation** William Joseph Flagg, 1898 Yoga Howard Kent, 2001 The Hindustan Review, 1930 **Psychic Research**, 1930 *Yoga* John Frederick Charles Fuller, 1925 *Aspects of Tantra Yoga* Debabrata Sen Sharma, 2007 Spiritual discipline or Yoga constitutes an inseparable part of the philosophy of every school and especially the Tantricones in which spiritual practices or

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