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book that can also serve you as a beginner s reference work on an ongoing basis The Utne Reader ,2000 New Woman ,1998 Shambhala Sun ,1994 **New Age Journal** ,1996 McCall's ,1998-07 **Râja Yoga Messenger** ,1923 Natural Health ,2003 **Yoga Journal** ,1983-07 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty Mother Jones ,1998 **Hatha Yoga** Yogi Ramacharaka,1904 **The Yoga-system of Patañjali** Patañjali,1927 **The Modern Review** Ramananda Chatterjee,1922 Includes section Reviews and notices of books

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