

# 15

# Yoga Poses

*for beginners*



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# Yoga For Beginners Today

**DP Hallahan**



## **Yoga For Beginners Today:**

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RAMACHARAKA,1908

*A Compendium of the Raja Yoga Philosophy* Rājarāma Tukārāma Tātyā,Śaṅkarācārya,1901

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