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Yoga For Beginners Today

Roman Wölfel



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The American Yoga Association Beginner's Manual Alice Christensen,1987 This excellent guidebook boasts a clear safe and thorough introduction to yoga from the organization that sets the standard for yoga instruction in this country 323 photographs

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YOGI RAMACHARAKA,1908

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

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