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By Georg Feuerstein, Larry Payne



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- An overview on the basic philosophy and benefits of Yoga
- Essential keys to posture, sitting, and standing
- The mechanics and practice of breathing during Yoga practice
- A recommended routine for beginners
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- Sales Rank: #563809 in eBooks
- Published on: 2012-09-13
- Released on: 2012-09-13
- Format: Kindle eBook

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