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Tue, 05 Jun 2018 12:23:00 GMT - comprehensive and concise foundation for the practice and teaching of Hatha Yoga. This This manual is inspired by a non-dual, Tantric philosophy that all of us, in all our various forms,

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Anusara Yoga -

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Yoga Swami Svatmarama. Hatha yoga pradipika - Terebess -

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