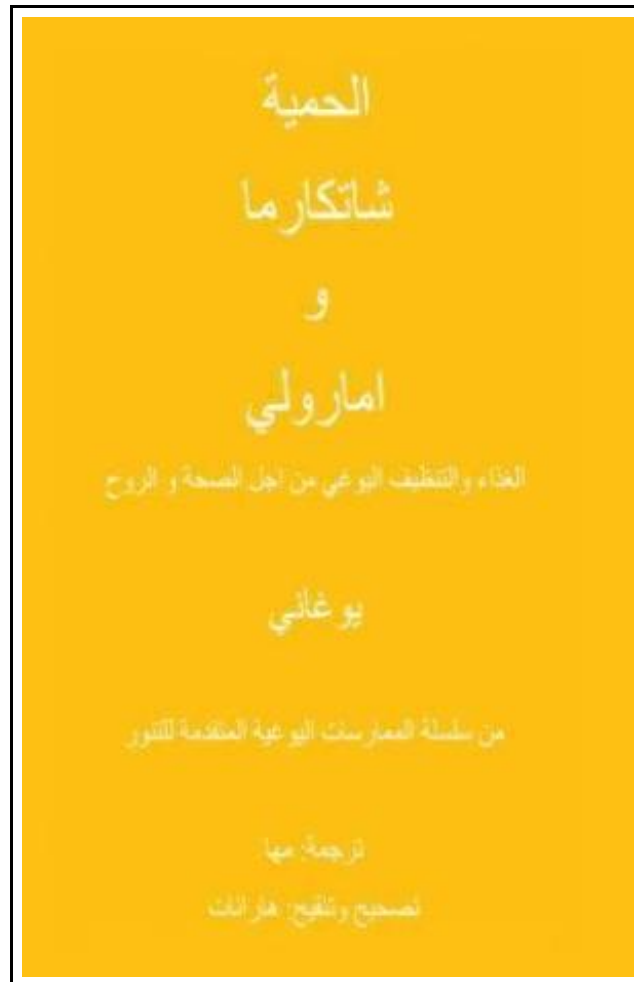


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Createspace. Paperback. Book Condition: New. This item is printed on demand. Paperback. 72 pages. Dimensions: 8.0in. x 5.0in. x 0.2in. Diet, Shatkarmas and Amaroli provides diet guidelines and practices for cleansing and optimizing the functioning of the inner neurobiology. This is more than a diet book. It is an integrated set of instructions on yogic nutrition, hygiene and rejuvenation, aiding and facilitating the process of human spiritual transformation. The human body is the doorway between our outer world and a boundless inner realm of peace, love and creative energy. When the doorway has been opened through balanced spiritual practices - health, productivity and happiness in daily life are the natural result. Yogani is the author of groundbreaking books on highly effective spiritual practices, including: Advanced Yoga Practices Easy Lessons for Ecstatic Living (two comprehensive user-friendly textbooks), and The Secrets of Wilder, a powerful spiritual novel. The AYP Enlightenment Series makes these profound practices available for the first time in a series of concise instruction books. Diet, Shatkarmas and Amaroli is the sixth book in the series, preceded by Samyama, Asanas, Mudras and Bandhas, Tantra, Spinal Breathing Pranayama, and Deep Meditation. This item ships from La Vergne, TN. Paperback.



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