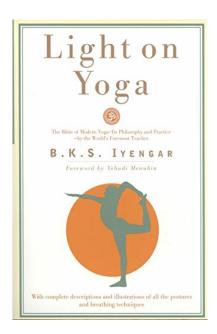
## b1AV7 [Free PDF File] Light on Yoga: The Bible of Modern Yoga





The definitive guide to the philosophy and practice of Yoga--the ancient healing discipline for body and mind--by its greatest living teacher. Light on Yoga provides complete descriptions and illustrations of all the positions and breathing exercises. Features a foreword by Yehudi Menuhin. Illustrations throughout.

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