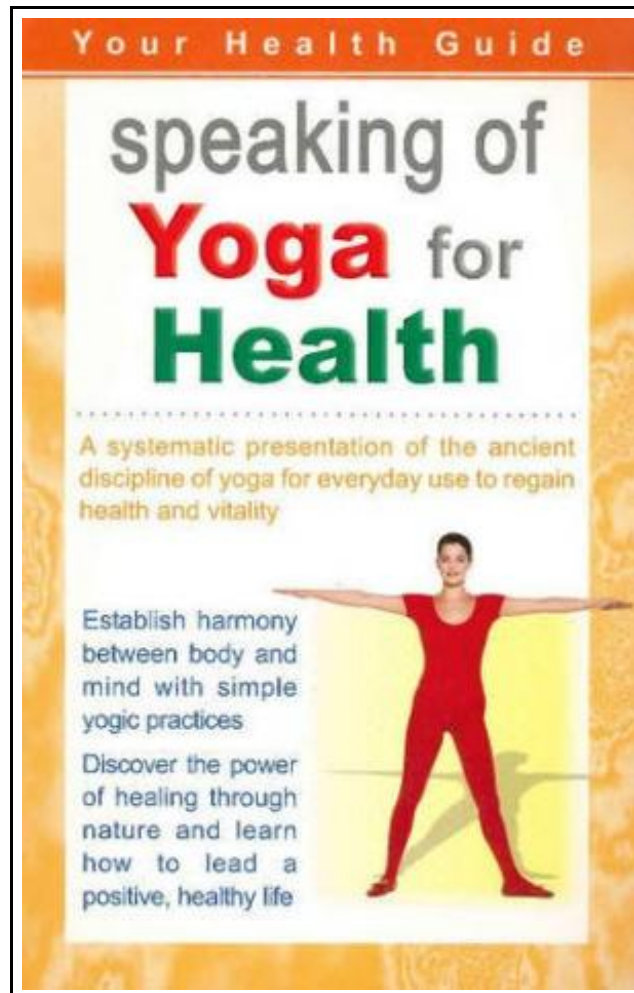


Speaking of Yoga for Health: A Systematic Presentation of the Ancient Discipline of Yoga for Everyday Use to Regain Health & Vitality



Filesize: 5.65 MB

Reviews

Extensive manual! Its such a great read. It really is loaded with knowledge and wisdom You wont really feel monotony at at any time of your time (that's what catalogs are for regarding if you ask me).




(Myrl Hintz)

SPEAKING OF YOGA FOR HEALTH: A SYSTEMATIC PRESENTATION OF THE ANCIENT DISCIPLINE OF YOGA FOR EVERYDAY USE TO REGAIN HEALTH & VITALITY



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Sterling Publishers Pvt.Ltd. Paperback. Book Condition: new. BRAND NEW, Speaking of Yoga for Health: A Systematic Presentation of the Ancient Discipline of Yoga for Everyday Use to Regain Health & Vitality, Sterling Publishers, Yoga is an ancient discipline that improves the vitality of the regular practitioner. It is also a therapeutic system, which helps in regulating the production of various enzymes and hormones. It corrects the function of vital organs and strengthens the nervous system and muscles. It has a relaxing effect on the practitioner. In combination with nature cure, it can become a useful healing process. This book is a guide to the various sophisticated techniques of yoga.

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