

Teaching Methods For Yogic Practices [Kindle Edition]

By Dr ML Gharote;Dr SK Ganguly

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give his step-by-step instructions in the yoga techniques of Yoga methods of wish that the Self-Realization Fellowship Lessons be easily

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Michael Stone is a Buddhist Teacher and Social Activist. He teaches internationally and lives in Canada. 00:00 / 00:00. Yoga & Meditation: Integrating Practices

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