



The Complete Yoga Book: Yoga of Breathing, Yoga of Posture, Yoga of Meditation

By James Hewitt

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An encyclopedia of yoga practices, practical yoga, and the philosophy and background of yoga. Included are three thorough sections on health and energy levels, postures, and a survey of yoga's history.

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Editorial Review

From the Inside Flap

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About the Author

JAMES HEWITT is the author of more than twenty books, including several on yoga and related subjects.

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