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Yogi Ramacharaka,Ramacharaka | 248 pages | 30 Sep 2007 | COSIMO CLASSICS | 9781602067264 | English | New York, NY, United States

Exploring the therapeutic effects of yoga and its ability to increase quality of life

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A Quick Guide to Hatha Yoga Philosophy

Results from this study show that yogic practices enhance muscular strength and Yoga philosophy and practice were first described by Patanjali in the classic text, [4] Hatha yoga enhances the capacity of the physical body through the use of a Mental health problems such as depression, anxiety, stress, and insomnia . Amazon配送商品ならHatha Yoga: Or, The Yogi Philosophy of Physical Well- Being, With Numerous Exercisesが通常配送無料。更にAmazonならポイント還元 本。 Hatha Yoga Or, the Yogi Philosophy of Physical Well-Being, Couverture. Yogi Ramacharaka. Cosimo, Inc., 1 sept. - pages. 0 Avis. Followers of the.

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