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Yoga Lessons for Developing Spiritual Consciousness

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Yoga Lessons For Developing Spiritual Consciousness

Title: Yoga lessons for developing spiritual consciousness Author: Mukerji A P This is an exact replica of a book. The book reprint was manually improved by a team of

Yoga lessons for developing spiritual consciousness

Yoga can be performed by senior citizens, disabled people, and even children. Yoga is a tool for gaining body-mind awareness to enhance whatever spiritual/religious beliefs you have.

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