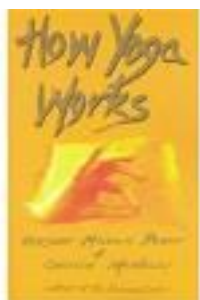


# How Yoga Works



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YOGA

瑜伽

原版

2016

## 评论

completely transformed my understanding of yoga and my personal practice.

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## 书评

It comes because Those who understand things Have broken through the idea That past and future Are times that could exist In and of themselves. IV. 12 This sutra stood out to me as a remedy to the separation of time and space that oftentimes leads to separa...

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Bought this book on the expectation of some dry theory about Yoga, but to my surprise, its a novel that delivered the Yoga theory in a very fun and interesting way. Its the kind of book that make you want to stay up the whole night to finish. Its one of t...

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