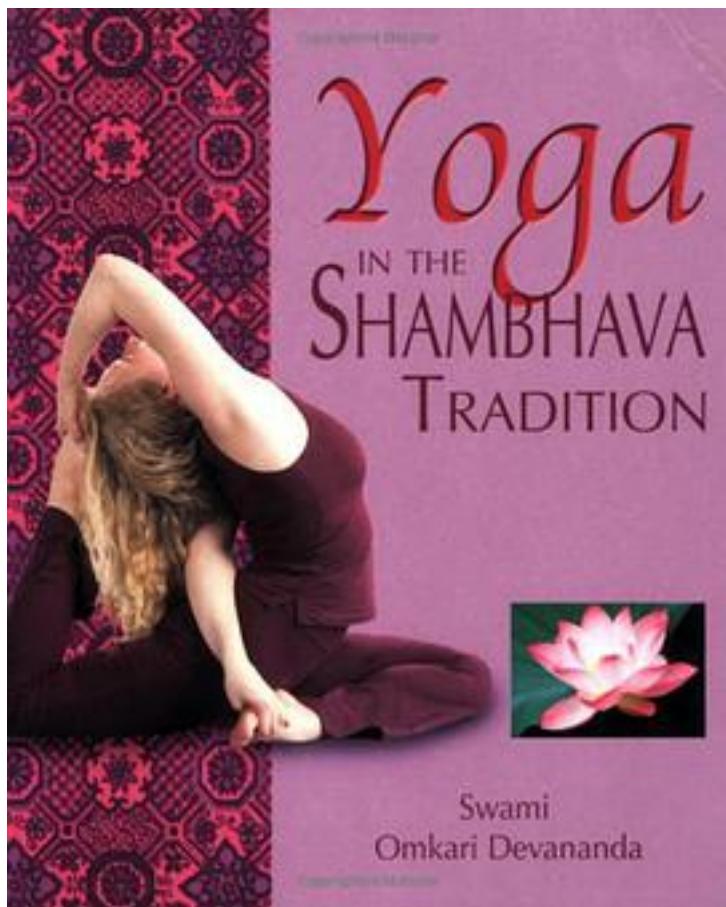


Yoga Shambhava Style



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Instructor Swami Omkari Devananda presents a compilation of teachings that have been part of the Shambhava School of Yoga for years. Hatha yoga is beneficial in two ways. It improves the health of every bodily system and spiritually speaking, helps with the process of opening within and achieving a state of deep awareness. Each of the

five chapters offer a different level of postures starting with the easiest and gradually increasing in difficulty. Each section has poses, meditation exercises, breathing exercises and daily gratitude practices. There are also specific recommendations for beginners, practitioners, teachers, and meditators, and those who are in recovery or need to recondition their bodies. Beautiful, full-color photos accompany each pose. Beginners to instructors will find yogic inspiration in these pages.

作者介绍:

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