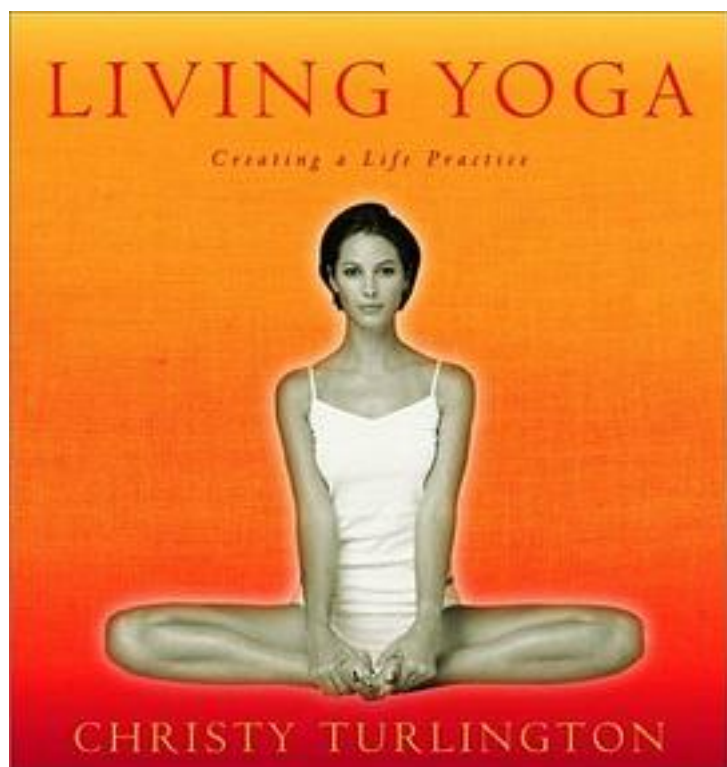


# Living Yoga



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出版者:Tarcher

出版时间:1993-03-24

装帧:Paperback

isbn:9780874777291

A masterful exploration of the major schools of yoga, published on the 100th anniversary of yoga in America. With this book, readers will discover the wisdom of the millenia--and learn to live yoga. Topics include the yoga approach to diet and nutrition, meditation as an antidote to stress, the yoga of love and devotion, and more. Photographs and illustrations.

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目录:

[Living Yoga\\_下载链接1\\_](#)

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