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London Classical Yoga Our mission at the London Sivananda Yoga Vedanta Centre is to spread peace health and joy through yoga All are welcome to come to our centre to learn not only about how yoga can help maintain a healthy body but also how Yogic philosophy applied in daily life can help maintain a peaceful mind and spirit Yoga Cookbook Vegetarian Food for Body and Mind free The teachings of yoga advocate a vegetarian diet with special emphasis on foods that bring peace to body mind and spirit The Yoga Cookbook contains more than 170 recipes prepared under the guidance of the world renowned Sivananda Yoga Vedanta Centers Yoga Mind and Body Sivananda Yoga Vedanta Centre Yoga Mind and Body is an easy to use guide to yoga for beginner through advanced students Full color well explained poses are easy to follow and have modifications for all levels Included are sections on breathing and the yogic diet This is a book I return to again and again as my practice improves

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Author : Tobias Faust

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