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demonstrates  
that Yoga is  
much more than a  
system of  
physical  
exercises—it is  
a profound path  
of self-  
transformation  
that encompasses  
a range of  
teachings,  
practices, and  
sacred texts

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that can help us  
cultivate  
wisdom, balance,  
and inner  
freedom, as well  
as physical  
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sacred texts  
that can help us  
cultivate  
wisdom, balance,  
and inner  
freedom, as well  
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demonstrates  
that Yoga is  
much more than a  
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exercises; it is  
a profound path  
of self-  
transformation,  
encompassing a  
wide range of  
teachings,  
practices, and

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sacred texts  
that help yoga  
teachers and  
practitioners  
cultivate  
wisdom, balance,  
and inner  
freedom.

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is a comprehensive survey of the full breadth and depth of the 5,000-year-old Yoga tradition, emphasizing its potent philosophy and spiritual vision. Georg Feuerstein demonstrates

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exercises—it is  
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that encompasses  
a range of  
teachings,  
practices, and  
sacred texts  
that can help us



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cultivate

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are stacks of

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sale these days  
with clear  
pictures of  
poses and  
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useful if not  
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posture, soften  
the muscle and  
move closer to  
the bone. While  
yang-like yoga  
practices are  
more

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superficial, Yin offers a much deeper access to the body. It is not uncommon to see postures held for three to five minutes, even 20 minutes at a time.

**Melissa Zelaya -  
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