

Zorn (Yogi William)

True Yoga - The Eternal Philosophy of Health and Happiness

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Commentaire : 50 plates out of text (with 100 photographies in black and white), complete Reprinted, August 1966 (1st was 1965) Contents, Chapitres : Contents, Introduction, xiii, Text, 90 pages - The wonderful human body - Preparation for Yoga - Breathing exercises - Loosening-up exercises - The Yoga of action - Elementary Yoga postures - Abdominal control - Beneficial postures for women - Advanced Yoga postures - The Yogha seals - Yogic breathing - Mental Yoga - Yoga philosophy - Bibliography - Glossary of Sanskrit terms no dust-jacket, else near fine copy, no markings, very few foxings inside, and minor wear on the corners of few pages

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