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# RETREATS - FAST TRACK TO FREEDOM - A GUIDE FOR LEADERS AND PRACTITIONERS



Ayp Publishing, United States, 2012. Paperback. Book Condition: New. 201 x 124 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Since Advanced Yoga Practices (AYP) was started in 2003, the number of people utilizing this open source system of full-scope yoga practices has grown steadily around the world. It has evolved from being primarily an internet resource to a shelf-full of books, and now to increasing real-world activities including meditation groups, hands-on training, and retreats organized and...

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- Authored by Yogani
- Released at 2012



Filesize: 7.84 MB

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