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# LIVING YOUR YOGA: FINDING THE SPIRITUAL IN EVERYDAY LIFE (2ND REVISED EDITION)

Rodmell Press. Paperback. Book Condition: new. BRAND NEW, Living Your Yoga: Finding the Spiritual in Everyday Life (2nd Revised edition), Judith Hanson Lasater, If you think that you have to retreat to a cave in the Himalayas to find the enlightenment that yoga promises, think again. In this second edition of Living Your Yoga, Judith Hanson Lasater stretches the meaning of yoga beyond its familiar poses and breathing techniques to include the events of daily life--all of them--as ways to...

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- Authored by Judith Hanson Lasater
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This book is definitely worth acquiring. I have go through and so i am certain that i will likely to read through again again in the future. Its been printed in an exceptionally basic way in fact it is only after i finished reading this publication in which actually altered me, change the way in my opinion.

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