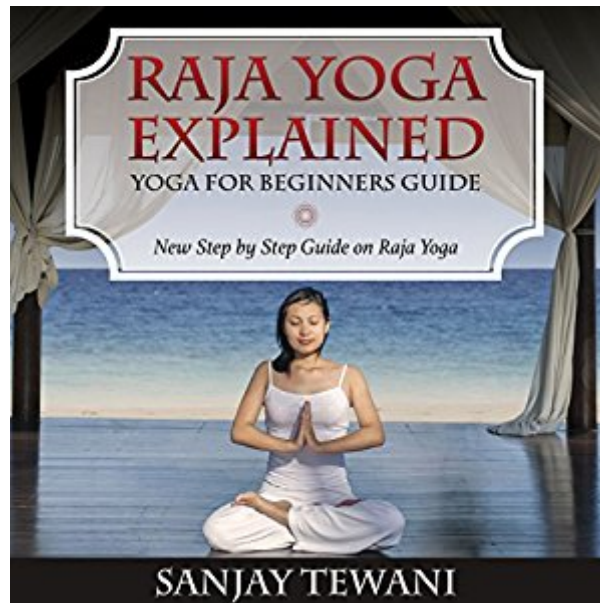




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Raja Yoga Explained: Yoga For Beginners Guide



Synopsis

If you are interested in learning about yoga and are not sure where to begin, you can start with a form of yoga known as raja yoga. Raja Yoga Explained: Yoga for Beginners Guide is an audiobook that was made to explain all the main aspects of raja yoga. It is not just a mere glance at the topic, but it is an in-depth explanation of the tenets that govern this type of yoga. The main aim that the author has is to explain all the main aspects of raja yoga also that the listener not only has a better understanding of this type of yoga, but a better understanding of yoga as a form of this mental, physical, and spiritual practice.

Book Information

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