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Book Yoga As Medicine: The Yogic Prescription For Health And Healing. In The "Science Of Yoga" Chapter, I Included A List Of 43 Conditions That Medical Studies Suggested Yoga Benefitted. In The 12 Years Since Yoga As Medicine Appeared, The Amount Of Scientific Research Of The Feb 2th, 2024

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B.K.S. IYENGAR YOGA LIGHT ON YOGA

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