



Religiousness in Yoga: Lectures on Theory and Practice

T. K.V. Desikachar

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The value of the book lies in the author's expertise in yogic theory and practice, the questions and responses of the students attending the course, and the many figures designed to facilitate understanding of yogic concepts and practice... both teachers and students will find the book useful as a supplemental text. The questions by the course participants are invaluable to instructors since they reflect the understanding and difficulties of beginning students...

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