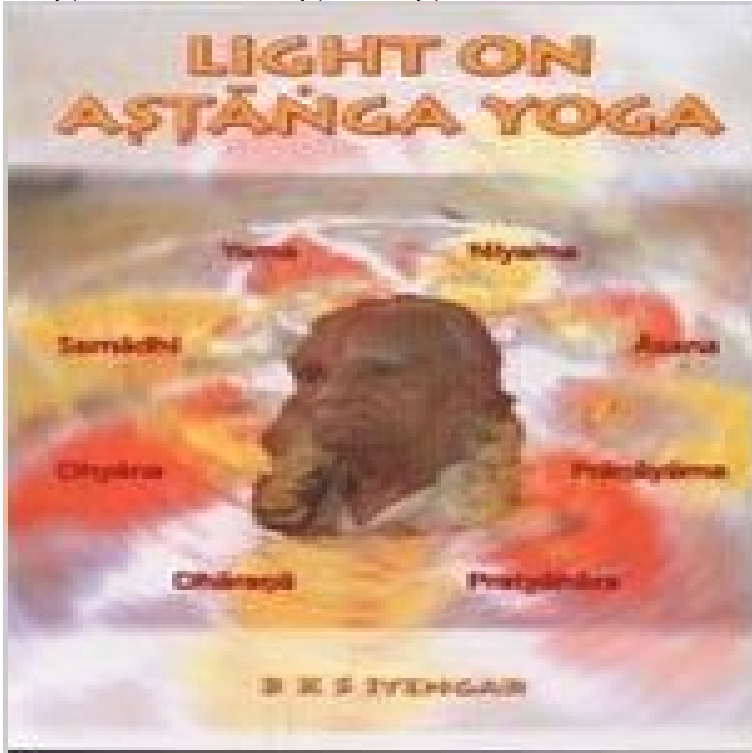


Light on Astanga Yoga



An apt rendition of sage patanjalis astanga yoga for the contemporary reader beautifully exemplified with analogies and sketches

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