



Hatha Yoga

Yogi Ramacharaka, William Walker Atkinson

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A Complete Manual of the Great Oriental Yogi System of Physical Well-Being Health Strength and Vigor. It Preaches a Sane, Normal, Simple Theory of Physical Health, and tells how to put the theory into practice. It teaches that the Body is the Temple of the Soul, and should be kept clean and in good order. Its keynote is the healthy Man and Woman. Its purpose, the instruction and mankind to conform to the standard of that healthy man or woman.

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