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Yoga for Transformation : Ancient Teachings and Practices for Healing the Body, Mind, and Heart, Paperback by Kraftsow, Gary, ISBN 0140196293, ISBN-13 9780140196290, Brand New, Free shipping in the US Presents series of techniques designed to treat the body, emotions, mind, heart, and soul, including breathing techniques to control energy levels, exercises to train and sharpen the intellect, and meditative practices to enhance self-awareness.

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