

The Complete Illustrated Book Of Yoga In Hindi

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"The Complete Illustrated Book of Yoga in Hindi" is a comprehensive guide to the practice of yoga, written in Hindi and illustrated with numerous photographs and diagrams. The book covers the history of yoga, the philosophy of yoga, and the various styles of yoga, including Hatha, Vinyasa, and Ashtanga. It also includes a detailed section on the anatomy of the human body, explaining the relationship between the physical and the subtle bodies. The book is suitable for both beginners and advanced practitioners, and it is a valuable resource for anyone interested in the practice of yoga.

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"The Complete Illustrated Book of Yoga in Hindi" is a comprehensive guide to the practice of yoga, covering all aspects of the discipline. It includes detailed instructions on asanas, pranayama, and meditation, along with illustrations of the human body and the chakras. The book is written in Hindi and is suitable for both beginners and advanced practitioners. It is a valuable resource for anyone interested in the practice of yoga.

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