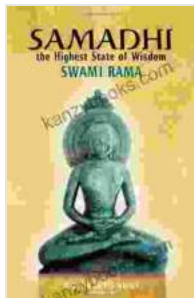


Yoga: The Sacred Science - Unlocking the Secrets of Mind, Body, and Spirit



Samadhi: The Highest State of Wisdom: Yoga the Sacred Science by Swami Rama

★★★★☆ 4.5 out of 5

Language : English

File size : 1364 KB

Text-to-Speech : Enabled

Screen Reader : Supported

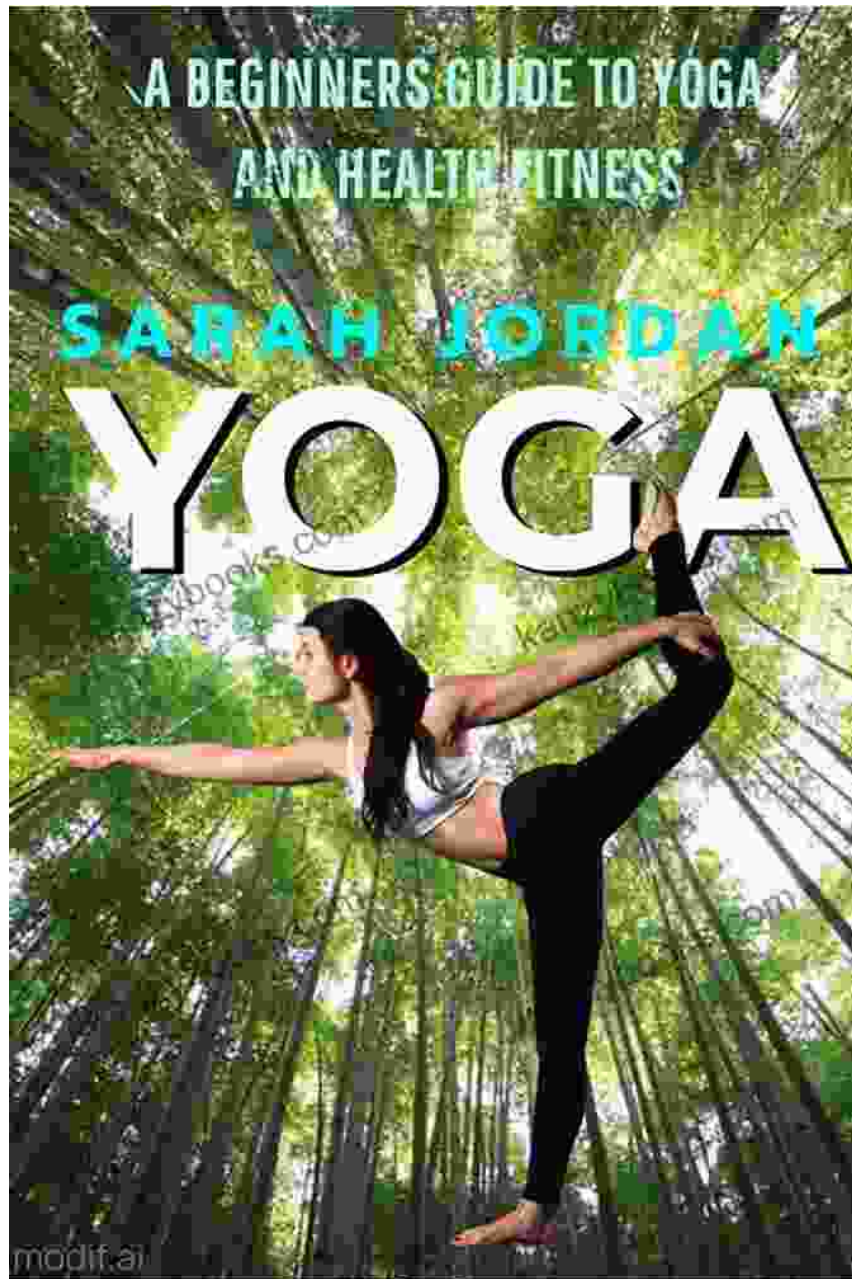
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About the Author

Dr. Ananda Balayogi Bhavanani is a renowned yoga master, teacher, and author. With over 30 years of experience in the practice and teaching of Yoga, he is recognized as a leading authority on the subject.

Dr. Bhavanani is the founder of the Ananda Yoga and Meditation Center, where he has trained thousands of students in the transformative power of Yoga. He is also the author of several books on Yoga, including 'Yoga for Beginners' and 'The Yoga Sutras of Patanjali: A Modern Interpretation'.

In 'Yoga: The Sacred Science', Dr. Bhavanani shares his deep understanding of Yoga's multifaceted nature, guiding readers on a journey of self-discovery and limitless potential.





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