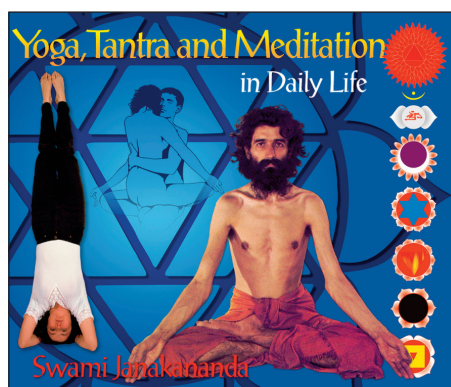


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Yoga, Tantra and Meditation in Daily Life

Swami Janakananda's expanded and revised third edition will allow novices and experts to expand their knowledge of yoga

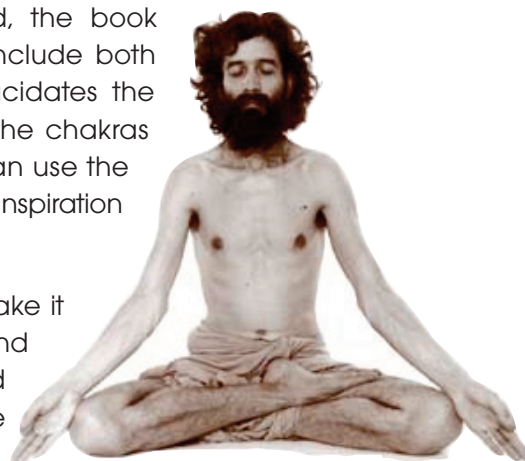


"This book shows yoga in its original light; recreational, meditative and relaxing, thus providing necessary energy for meeting your daily activities with peace and wellbeing."

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"Yoga, Tantra and Meditation in Daily Life differs from most other books on yoga; it has its fundament in the tantric tradition – that is, the author's intention and interest is to offer a way to achieve tangible results, rather than to present philosophical explanations, create dreams and ideals or follow the fleeting fashions in the yoga of today."

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Swami Janakananda is the founder of the Scandinavian Yoga and Meditation School, one of the most respected yoga centres in the West. He emphasizes the restorative, de-stressing and spiritual core of yoga. Through his profound teaching of meditation, yoga, kriya yoga, pranayama and yoga nidra he contributes to upholding authentic yoga.



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