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YOGA, MEDITATION AND THE GURU: CRITICAL REFLECTIONS ON THE AUSTRALIAN SCENARIO



Indra Publishing. Paperback. Book Condition: new. BRAND NEW, Yoga, Meditation and the Guru: Critical Reflections on the Australian Scenario, Purushottama Bilimoria, A journey through yoga from the yoga schools of Australia to the ancient origins in the Indus River Valley, 4500 years ago. The development of yoga in the ancient texts and practices of India is interwoven with its migration to the West. Dr Bilimoria takes the reader through the therapeutic aspects of yoga to the philosophical traditions in India....

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