

Lunayoga Gli Esercizi Yoga Per La Salute Della Donna

Known as "the notary" by his contemporaries for his very proper disposition, Georges Seurat (1859-1891), was nonetheless a trailblazing artist, who devised mesmerizing effects in paint, creating what Museum of Modern Art, New York director Alfred Barr described as a "strange, almost breathless poise." Seurat's most famous painting, "La Grande Jatte" (1884), exemplifies the airy suspension of which "Pointillism" (as his style of painting-by-dabs was named) is uniquely capable, a sensation well suited to evoking in paint the sedate pace of Paris' new leisure class. For Seurat, Pointillism was also a way to attain for painting the mathematically explicable harmony of music: "Art is Harmony. Harmony is the analogy of the contrary and of similar elements of tone, of color and of line, considered according to their dominance and under the influence of light, in gay, calm or sad combinations," he

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declared in a letter to a friend. Seurat's style lent itself especially well to the portrayal of figures in space, and the endowing of those figures with volume and atmosphere. No other visual theme so well illustrates the tremendous innovations in Seurat's paintings and drawings as this handling of the figure, a theme which is at the heart of this new appraisal.

Intended as the primary text for introductory courses on medical anthropology, this book integrates human biological data relevant to health and disease with both evolutionary theory and the social environments that more often than not produce major challenges to health and survival. Because students who take this fastest-growing anthropology course come from a variety of disciplines (anthropology, biology, especially pre-med students, and health sciences, especially), the text does not assume anything beyond a basic high-school level familiarity with human biology and anthropology. The authors first present basic biological information on a particular health condition and then

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expand their analysis to include evolutionary, historical, and cross-cultural perspectives. Among the topics covered are nutrition, infectious disease, stress, reproductive health, behavioral disease, aging, race/racism and health, mental health, and healers and healing.

Authors from Akzo, Sherex, and Ethyl chemical companies present a comprehensive review of cationic surfactants, emphasizing the organic chemistry aspects. They discuss the preparation, properties, availability, and commercial uses of a wide range of these materials, including aromatic and cyclic var

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work. This work is in the public domain in the United States of America, and possibly other nations. Within the United States, you may freely copy and distribute this work, as no entity (individual or corporate) has a copyright on the body of the work. As a reproduction of a historical artifact, this work may contain missing or blurred pages, poor pictures, errant marks, etc. Scholars believe, and we concur, that this work is important enough to be preserved, reproduced, and made generally available to the public. We appreciate your support of the preservation process, and thank you for being an important part of keeping this knowledge alive and relevant.

The 100 Most Influential Books Ever Written

On the Evolution of Biological Aesthetics

A Biocultural Approach

Giornale della libreria

Medical Anthropology

The Dietitian's Guide to Vegetarian Diets

Enhance your yoga practice with this all-new expanded edition of the ultimate guide to the stories

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behind the most beloved poses of all time. Many yoga practitioners explore the benefits of yoga through its poses, but did you know that the magic and mystery of yoga lie within the power of yogic mythology? Myths of the Asanas was the first book to collect and retell the ancient tales of yogic myth to a modern audience, and has since become a beloved resource for yoga practitioners and instructors the world over. This expanded edition contains nine unheard stories about some of the yoga world's most beloved poses. The myths behind yoga's spiritual tradition have the power to help students of all levels realize their full potential. Understanding the subtle whimsy and power of the child while in child's pose gives us permission to recall forgotten dreams and find the power to manifest them now. Learning of the disabilities of the great sage Astavakra while attempting his arm-balance pose encourages us to understand how powerful we are when we recognize the strength that lies beyond any perceived limitations. Marveling at the monkey-god Hanuman's devotion to his best friend, Ram, keeps us in alignment with our integrity during the hanumanasana splits pose as we dig deeply to discover the source of spiritual strength within ourselves.

Indiana Trivia is the who, what, when, where, and how book of the great state of Indiana. Filled with interesting questions and answers regarding well-known and not so well-known facts about the Hoosier State, Indiana Trivia will provide hours of entertainment and education. Designed for use in a wide variety of settings?home, office, school, parties?it focuses on the history, culture, people, and

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places of Indiana. Indiana Trivia, is readily adaptable for use with trivia format games.

A.D. 448. The Roman Empire is crumbling. The Emperor is weak. Countless Romans live under the rule of barbarian kings. Politicians scheme and ambitious generals vie for power. Then from the depths of Germany arises an even darker threat: Attila, King of the Huns, gathering his hordes and determined to crush Rome once and for all. In a time of danger and deception, where every smile conceals betrayal and every sleeve a dagger, three young people hold onto the dream that Rome can be made great once more. But as their fates collide, they find themselves forced to survive in a world more deadly than any of them could ever have imagined. What can they possibly do to save the Empire, or themselves, from destruction?

Details the books that have forever changed civilization, from the Bible and the Koran to Darwin's Origin of the Species and Freidan's Feminine Mystique, and includes a historical overview and fascinating facts for each author and book, and much more. Original.

*The History of Thought from Ancient Times to Today
Catfantastic*

Naprapathic Chartology

The Pemican [1959]; 1959

Shadows Before Dawn

Magnum Stories

Baby Jaguar is missing. Read along with Dora as she looks for her friend!

The Science Focus Second Edition is the complete science package for the teaching of the New South

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Wales Stage 4 and 5 Science Syllabus. The Science Focus Second Edition package retains the identified strengths of the highly successful First Edition and includes a number of new and exciting features, improvements and components. The innovative Teacher Edition with CD allows a teacher to approach the teaching and learning of Science with confidence as it includes pages from the student book with wrap around teacher notes including answers, hints, strategies and teaching and assessment advice.

An illustrated exploration of colors and patterns in the animal kingdom, what they communicate, and how they function in the social life of animals. Are animals able to appreciate what humans refer to as “beauty”? The term scarcely ever appears nowadays in a scientific description of living things, but we humans may nonetheless find the colors, patterns, and songs of animals to be beautiful in apparently the same way that we see beauty in works of art. In *Animal Beauty*, Nobel Prize-winning biologist Christiane Nüsslein-Volhard describes how the colors and patterns displayed by animals arise, what they communicate, and how they function in the social life of animals. Watercolor drawings illustrate these amazing instances of animal beauty. Darwin addressed the topic of ornament in his 1871 book *The Descent of Man and Selection in Relation to Sex*, and did not hesitate to engage

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with criteria of beauty, convinced that animals experienced color and ornament as attractive and agreeable in the same way that we do, and that the role this played in mate choice pointed to a “sexual selection” distinct from natural selection. Nüsslein-Volhard examines key examples of ornament and sexual selection in the animal kingdom and lays the groundwork for biological aesthetics. Noting that color patterns have not been a research priority—perhaps because they appeared to be nonessential luxuries rather than functional necessities—Nüsslein-Volhard looks at recent scientific developments on the topic. In part because of Nüsslein-Volhard's own research on the zebrafish, it is now possible to decipher the molecular genetic mechanisms that lead to production of colors in animal skin and its appendages and control its pattern and distribution.

This is the ninth in the 300 series of circuit design books, again contains a wide range of circuits, tips and design ideas. The book has been divided into sections, making it easy to find related subjects in a single category. The book not only details DIY electronic circuits for home construction but also inspiring ideas for projects you may want to design from the ground up. Because software in general and microcontroller programming techniques in particular have become key aspects of modern

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electronics, a number of items in this book deal with these subjects only. Like its predecessors in the 300 series, "308 Circuits" covers the following disciplines and interest fields of modern electronics: test and measurement, radio and television, power supplies and battery chargers, general interest, computers and microprocessors, circuit ideas and audio and hi-fi.

Belle Morte

How to Casually Pick Up Girls During the Day

Get Your Share

Figure in Space

Finding the Light of Self-Love through Your Darkest Times

Lords of Rainbow

Dr Roy Martina has developed a powerful comprehensive healing system called 'Omega healing'. This preventative system has been acknowledged as one of the most powerful healing techniques currently available. It tackles the root cause of problems – not just the symptoms.

Balancing the emotional body and returning to our core essence restores us to greater health, ease and happiness. This fantastic CD package collects together some of Roy's most powerful teachings on this subject, along with meditations that will allow you to implement its incredible effects in your life. The first section provides an

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excellent introduction to Roy's background and how he came to heal himself using his Omega Healing technique. The second section features four incredible meditations that will allow you to heal every aspect of your life. The first provides energy and vitality. The second is a relaxing visualisation for the end of the day. The third helps with releasing feelings. The fourth helps heal traumas in our past lives. These meditations, recorded live in London and exclusively for Hay House showcase one of the brightest new voices in healing.

The Dietitian's Guide to Vegetarian Diets, Third Edition highlights trends and research on vegetarian diets and translates the information into practical ideas to assist dietitians and other healthcare professionals in aiding their clients. Evidence-based and thoroughly referenced, this text addresses diets throughout the life cycle with chapters devoted to pregnancy and lactation, infants, children, adolescents, and the elderly, and highlights the benefits of using vegetarian diets in the treatment of hyperlipidemia, hypertension, type 2 diabetes, and obesity. Full of vital information on vegetarian nutritional needs and healthier, more satisfying

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diets, the Third Edition can be used as an aid for counseling vegetarian clients and those interested in becoming vegetarians, or serve as a textbook for students who have completed introductory coursework in nutrition.

Lunayoga. Gli esercizi yoga per la salute della donna
Medicina naturale per le donne
Trattare i disturbi femminili in modo dolce ed efficace. Salute e benessere in ogni fase della vita con piante officinali, omeopatia, fiori di Bach, aromaterapia e molto altro
EDIZIONI IL PUNTO D'INCONTRO

This is a large print edition of The Hatha Yoga Pradipika offering clear easy to read version. This edition offers text printed in font size 14. Hatha Yoga Pradipika is a classical text describing Hatha Yoga. It is the oldest surviving text on Hatha Yoga. Swami Swatmarama, a disciple of Swami Goraknath, wrote the text, drawing upon previous texts and his own experiences. While the text describes asanas (postures), purifying practices (shatkarma), mudras (finger and hand positions), bandhas (locks), and pranayama (breath exercises), it also explains that the purpose of Hatha Yoga is the awakening of kundalini (subtle energy), advancement to Raja Yoga, and the experience of deep

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meditative absorption known as samadhi. Yogi Swatmarama was a 15th and 16th century yogic sage in India. He is best known for compiling the yoga manual Hatha Pradipika or Light on Hatha Yoga. Swatmarama maintains throughout the text that Hatha Yoga's true purpose is the arousal of the Kundalini, until perfection in Raja Yoga is achieved, i.e. liberation. Computerized Assessment Bank CD-ROM Science Focus

The Hatha Yoga Pradipika

Sterile Sky

At the Ruin of the World

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Day Bang is a 201-page book that teaches you how to pick up women during the day, primarily in a coffee shop, clothing store, bookstore, grocery store, subway, or on the street. It contains 51 openers, 23 long dialogue examples with commentary, and dozens of additional lines that teach by example. Day Bang includes...

- The optimal day game mindset that leads to the most amount of success
- An easy mental trick to prevent your brain from going into a flight-or-fight response when it's time to approach a woman you're attracted to
- A detailed breakdown of how to use the "elderly opener," an easy style of approach that reliably starts conversations with women
- 2 ways to tell if a girl will be receptive to your approach
- How to avoid the dreaded "interview vibe"
- 10 common mistakes guys make that hurt their chances of getting a number

Day Bang shares tons of tips and real examples on having successful conversations. It teaches you...

- How to use my bait system to get the girl engaged and interested in you
- How to segue out of the initial opening topic into a more personal chat where you'll get to know the girl on a deeper level
- How to take the interesting things you've done (your accomplishments, hobbies, and experiences) and morph them into bait hooks that gets the girl intrigued enough to want to go out with you
- My "Galnuc" method to seamlessly get a girl's number
- An easy hack at the end of your interactions that will reduce the chance of a flake and prime the girl for going out with you
- Ways to open up a conversation on a girl who isn't giving you much to work with

Day Bang goes into painstaking detail on how to approach women in a variety of common environments...

- How to open a girl in coffee shops when she has a book, laptop, mp3 player, cell

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phone, research paper, crossword or Sudoku puzzle, or nothing at all-Two methods for approaching a girl on the street, depending on if she's moving or not, with a diagram to explain all the approach variations-How to approach in a retail store or mall environment, with openers to use on customers or sales clerks-How to approach in bookstores, with specific tips on how to customize your approaches in the cafe, magazine section, or general book aisles-How to meet women in public transportation, on both the bus and subway-How to meet women in grocery stores-How to approach girls in secondary venues like a beach, casino, concert, gym, hair salon, handicraft fair, museum, art show, park, public square, or wine festival Dozens of additional topics are logically organized into 12 chapters... -Preparation. How to reduce your approach anxiety-Opening. How to deliver your opener in a way that doesn't scare women away-Rambling. How to have conversations that make women interested in you-Closing. How to get a number in a way that reduces the chance she'll flake-The Coffee Shop. How to pick up in coffee shops and cafes-The Street. How to pick up outdoors-The Clothing Shop. How to pick up in retail shops, malls, and big box stores-The Bookstore. How to pick up in bookstores-Public Transportation. How to pick up in the bus, subway, or long distance transportation-The Grocery Store. How to pick up in grocery stores-Other Venues. How to pick up just about anywhere else women can be found-Putting It All Together. How to maximize your day game potential The lessons taught in this 75,000 word, no-fluff textbook will help you meet women during the day. If you need tips on what to do after getting her number, consult my other

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book Bang, which contains an A-to-Z banging strategy. Day Bang focuses exclusively on daytime approaching. Ogni fase della vita femminile affronta cambiamenti ormonali che condizionano il complesso equilibrio tra corpo, mente e psiche. Una medicina naturale ed efficace, che agisca sul sensibile e delicato sistema del corpo femminile e riattivi l'energia interiore verso l'autoguarigione, permette di alleviare i tipici disturbi femminili (dolori mestruali, disturbi dovuti al ciclo ormonale o sbalzi d'umore) senza provocare effetti negativi come spesso succede con le sostanze di sintesi o chimiche. Piante officinali, omeopatia, fiori di Bach, alimentazione sana e rimedi naturali: la medicina dolce è particolarmente adatta alle donne, perché costituisce una terapia fisiologica di regolazione naturale che aiuta a equilibrare la propria forza interiore, stimolando e armonizzando le energie. Molti disturbi tipicamente femminili provocano dei conflitti con la nostra femminilità. Con i rimedi giusti, un problema di salute può quindi divenire lo stimolo e l'occasione di riflettere sull'atteggiamento verso noi stesse e verso il mondo esterno, per riemergerne alla fine più forti, più sane e più serene, per goderci la nostra vita di donne a ogni età!

As the gifted young Murtala comes of age in Kano, violent riots and his family's own woes threaten to erase all he holds dear. Stalked by monsters real and imagined, desperate to preserve a sense of self and the future, Murtala hunts for answers in the wreckage of the city -- and gives us a unique insight into modern life in northern Nigeria.

Signal and Image Processing for Remote Sensing

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Animal Beauty

Room 555

Organic Chemistry

History Buff's Crosswords Plus United States History

Mr Hudson Explores

This book explores the 'photo story' through 61 master classes by some of the world's greatest photographers, all members of the international photographic agency Magnum.

Most data from satellites are in image form, thus most books in the remote sensing field deal exclusively with image processing. However, signal processing can contribute significantly in extracting information from the remotely sensed waveforms or time series data. Pioneering the combination of the two processes, Signal and Image Processing for Remote Sensing provides a balance between the role of signal processing and image processing in remote sensing. Featuring contributions from worldwide experts, this book emphasizes mathematical approaches. Divided into two parts, Part I examines signal processing for remote sensing and Part II explores image processing. Not limited to the problems with data from satellite sensors, the book considers other sensors which acquire data remotely, including signals and images from

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infrasound, seismic, microwave, and satellite sensors. It covers a broader scope of issues in remote sensing information processing than other books in this area. With rapid technological advances, the mathematical techniques provided will far outlast the sensor, software and hardware technologies. Focusing on methodologies of signal processing and image processing in remote sensing, this book discusses unique techniques for dealing with remote sensing problems.

Based on Mr Hudson's identity, the book is featuring destinations for gays, but not necessarily gay destinations. It is about travelling in style for everyone who is looking for something different and special - no matter if men or women, travelling solo or as a couple. Mr Hudson Explores shows that every part of a trip is an incredible experience. The core content of the book will consist of 20 cities in the Northern Hemisphere and showcases the very best the destination has to offer. Each guide will give a general introduction to the city and, if applicable, its relevance for the gay community. It showcases various locations on culture and art, the most inspiring museum to visit, traditional and upcoming

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food places, best shopping experiences, music and nightlife: Where to go out, which bars do have the best drinks, and clubs you can have the most fun at the city's best parties and concerts. Depending on the location, day trips and activities can be included. Luxury accommodations and places to stay complete the range. The book will not just give descriptions of the places but also background information, telling the story of the owner, history or anecdotes. Financial planner and broker Julie Stav has been helping women get rich for years. Now she offers her hands-on techniques and inspiring advice in a book that simplifies the stock market and puts a new world of wealth within reach. And with updated information—including current examples, the hottest new websites, and more—this smart, sensible, and down-to-earth book is the ideal guide for women who want to invest in their dreams.

245 Crossword Puzzle, Word Search and Word Match Activities Dealing with U. S.

History from the Early American Indians to The 1990s

Medicina naturale per le donne

I Am Leaper

MathLinks 7

A History of Yugoslavia

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Hamlet, Prince of Denmark

Fourteen-year-old Roonie loves hip-hop almost as much as she loves her grandmother. She cannot wait to compete in her school's dance competition. But as her grandmother's health deteriorates, Roonie becomes more and more reluctant to visit her in the care home. These feelings of guilt and frustration cause Roonie to mess things up with her hip-hop dance partner and best friend, Kira. But while doing some volunteer hours in the hospital geriatric ward, Roonie meets an active senior recovering from a bad fall. Their shared love of dance and the woman's zest for life help Roonie face her fears, make amends with Kira and reconnect with Gram before it's too late.

This volume of original stories is all for furry feline friends. A unique collection of fantastical cat tales.

Growing up in a tranquil wilderness, Teal Swan had a childhood that was anything but serene. Horrors lurked behind the façade of the perfect houses and pious community of the surrounding towns, and Teal attracted undue attention because of her unusually powerful extrasensory abilities. At the hands of a local cult member, she barely survived 13 years of horrendous abuse - and even after her escape, she was left powerless, lost, hurting, and with no way to cope. Gradually, and incredibly, Teal forged her way from the edge of despair to a sliver of light . . .and eventually emerged from the darkness into the full dawn of self-love. Here, she shows how you, too, can achieve the feelings of worthiness that may be long missing from your life. Now a recognized spiritual luminary, Teal documents how she dug herself out of self-hate, and details the remarkable trail for others to get to the same place. Shadows Before Dawn encompasses both Teal's compelling story, told with raw intensity, and her resolute, no-

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nonsense how-to guide to healing from even the deepest levels of suffering. Offering a comprehensive self-love tool kit, Teal shares powerful exercises, insights, and perspective grounded in spirituality, and lets you choose which techniques are right for you. Teal's resonating words will sit with your soul long after you put this book down and will serve as guideposts on the way to complete self-love - no matter who you are or where you are in life.

Why did Yugoslavia fall apart? Was its violent demise inevitable? Did its population simply fall victim to the lure of nationalism? How did this multinational state survive for so long, and where do we situate the short life of Yugoslavia in the long history of Europe in the twentieth century? A History of Yugoslavia provides a concise, accessible, comprehensive synthesis of the political, cultural, social, and economic life of Yugoslavia--from its nineteenth-century South Slavic origins to the bloody demise of the multinational state of Yugoslavia in the 1990s. Calic takes a fresh and innovative look at the colorful, multifaceted, and complex history of Yugoslavia, emphasizing major social, economic, and intellectual changes from the turn of the twentieth century and the transition to modern industrialized mass society. She traces the origins of ethnic, religious, and cultural divisions, applying the latest social science approaches, and drawing on the breadth of recent state-of-the-art literature, to present a balanced interpretation of events that takes into account the differing perceptions and interests of the actors involved. Uniquely, Calic frames the history of Yugoslavia for readers as an essentially open-ended process, undertaken from a variety of different regional perspectives with varied composite agenda. She shuns traditional, deterministic explanations that notorious Balkan hatreds or any other kind of exceptionalism are to

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blame for Yugoslavia's demise, and along the way she highlights the agency of twentieth-century modern mass society in the politicization of differences. While analyzing nuanced political and social-economic processes, Calic describes the experiences and emotions of ordinary people in a vivid way. As a result, her groundbreaking work provides scholars and learned readers alike with an accessible, trenchant, and authoritative introduction to Yugoslavia's complex history.

Indiana Trivia

Cationic Surfactants

Trattare i disturbi femminili in modo dolce ed efficace. Salute e benessere in ogni fase della vita con piante officinali, omeopatia, fiori di Bach, aromaterapia e molto altro

Day Bang

The Stories at the Heart of the Yoga Tradition

Philosophy

Jameson is back. This time, he's crashed in Greenland! It's the exact story as last time except now it features THE LAND OF THE FREEEEEEEEEEEEEEEE and some super cool national monuments! This book is dedicated to Aristid Lindenmayer on the occasion of his 60th birthday on November 17, 1985. Contributions range from mathematics and theoretical computer science to biology. Aristid Lindenmayer introduced language-theoretic models for developmental biology in 1968. Since

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then the models have been customarily referred to as L systems. Lindenmayer's invention turned out to be one of the most beautiful examples of interdisciplinary science: work in one area (developmental biology) induces most fruitful ideas in other areas (theory of formal languages and automata, and formal power series). As evident from the articles and references in this book, the interest in L systems is continuously growing. For newcomers the first contact with L systems usually happens via the most basic class of L systems, namely, DOL systems. Here "0" stands for zero context between developing cells. It has been a major typographical problem that printers are unable to distinguish between 0 (zero) and O (oh). Thus, DOL was almost always printed with "oh" rather than "zero", and also pronounced that way. However, this misunderstanding turned out to be very fortunate. The wrong spelling "DOL" of "DOL" could be read in the suggestive way: DO L Indeed, hundreds of researchers have followed this suggestion. Some of them appear as

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contributors to this book. Of the many who could not contribute, we in particular regret the absence of A. Ehrenfeucht, G. Herman and H.A. Maurer whose influence in the theory of L systems has been most significant. Transformation and Healing presents one of the Buddha's most fundamental teachings and the foundation of all mindfulness practice. The Sutra on the Four Establishments of Mindfulness has been studied, practiced, and handed down with special care from generation to generation for 2,500 years. This sutra teaches us how to deal with anger and jealousy, to nurture the best qualities in our children, spouses, and friends, and to greet death with compassion and equanimity.

308 Circuits

Myths of the Asanas

A Really Warm Heart in a Really Cold Land

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Emotional Balance

The Power of Ideas