





The Sivananda Yoga

Training Manual

Proper Exercise (Asanas) Proper Breathing (Pranayama) Proper Diet (Vegetarian) Proper Relaxation (Savasan) Positive Thinking and Meditation (Vedanta and Dhyana)

A comprehensive step-by-step manual for beginners as well as more advanced students of Yoga

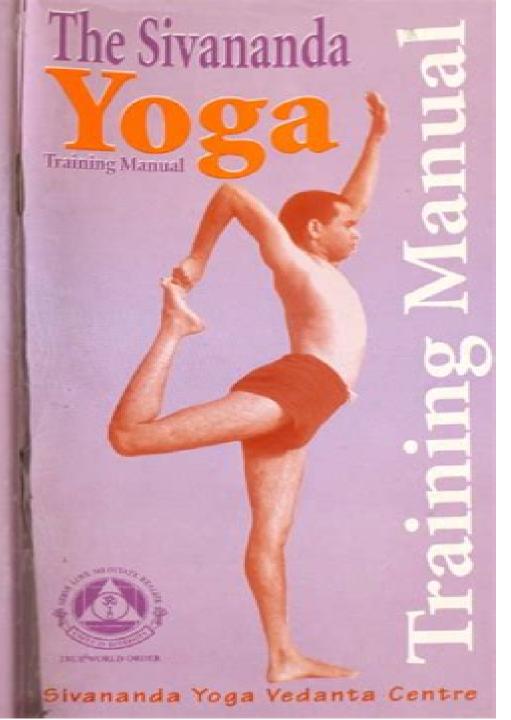
- The 5 Points of Yoga
- The 12 Basic Asanas
- The Sun Salutation
- Basic Yogic Breathing Techniques

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Sivananda Teacher Training Manual

Shasha Hu

Sivananda Teacher Training Manual:

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