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YOGA, A GEM FOR WOMEN

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Geeta S. Iyengar' s Guide to A Woman s Yoga Practice, Vol ...

Yoga: A Gem for Women was first published in English in 1983 by Allied Publishers. This book is as essential to read as B.K.S. Iyengar's, Light on Yoga as it contains much details and photos that help those on the yoga path.

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