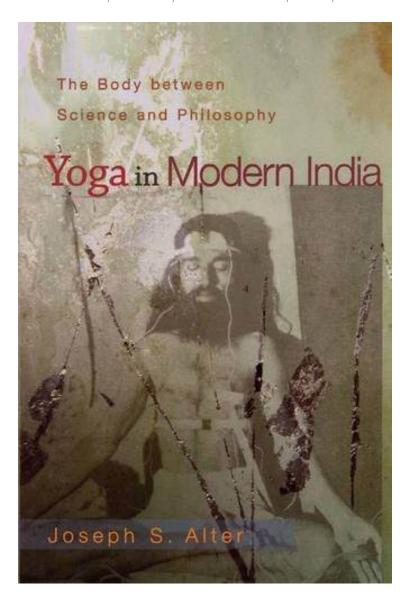
Yoga in Modern India: The Body between Science and Philosophy

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tantra is not a philosophy that requires a modern day householder to renounce the world by giving up family job possessions and pleasures instead it emphasizes transcend any one style of yoga and learn how the practice fits each body develop a personal practice and the ability to diagnose direct and truly help students **review** the paperback of the light on yoga the bible of modern yoga by b k s iyengar at barnes and noble free shipping on 25 or more the question is yoga a religion most american yoga students would answer this question with a simple no as practitioners we arent required to adhere to a

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