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The Yoga Book Stephen Sturgess,2013-06-06 This

title explains the true meaning of yoga and demonstrates the practices and postures of Ashtanga Yoga that should enable the reader to achieve mastery over the mind and body and can eventually lead to self realization

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- Chapter 2: Essential Elements of Ebook Yoga Practice
- Chapter 3: Ebook Yoga Practice in Everyday Life
- Chapter 4: Ebook Yoga Practice in Specific Contexts
- Chapter 5: Conclusion

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6. In chapter 5, the author will draw a conclusion about Ebook Yoga Practice. The final chapter will summarize the key points that have been discussed throughout the book.

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