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YOGA A COMPLETE GUIDE FOR BEGINNERS



Yoga For Beginners Today Returns

Kathleen Armour



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Râja Yoga Messenger ,1925 **Leaving and Returning** Stephen C. Rowe,1989 *Records of Yoga* Aurobindo Ghose,2001 The diary of Sri Aurobindo s yogic experiences between 1909 and 1927 Most entries are from 1912 to 1920 Other materials he wrote relating to his practice of yoga such as Sapta Chatusthaya which formed the basis of the yoga of the Record are also included NOTE The complete text of Record of Yoga was brought out serially in the Sri Aurobindo Archives and Research journal This is the first time that it has been brought out in book form in both soft and hard cover This material did not appear in the Sri Aurobindo Birth Centenary Library SABCL set Those who already have the SABCL set of 30 volumes may prefer procuring the hard cover editions as they are bound in cloth light cream in colour with PVC jacket and match the colour and binding of the SABCL set However the size 14cm x 22cm is smaller than the SABCL volumes In writing his diary Sri Aurobindo used a special terminology which included words from Sanskrit and other languages as well as abbreviations symbols and markings Click here to view a provisional online glossary of terms in Record of Yoga A more extensive print version will be issued at a future date **McCall's** ,1998-07 **The Theosophical Path** Katherine Augusta Westcott Tingley,1921 Focus on Asian Studies ,1979 The Utne Reader ,2000 Journal of Vaiṣṇava Studies ,2006 *John O' London's* ,1959

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