

15

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Yoga For Beginners 2025

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States and Canada **Urdhvaretas Yoga: Esoteric Yoga Techniques For Sublimation Of Sexual Energy** Dr. Gandhi Bhaskar Patrudu Lanka, 2020-07-21 These techniques have been gathered over many years and were thoroughly experimented for their effectiveness in sublimation of sexual energy If one wants to embrace a life style of Brahmacharya or Continenace whether for improving ones meditation or for other benefits these techniques can be invaluable if practiced daily

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