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at 50 and beyond You ll learn how to adapt stances and breathing to your changing body to reap the benefits of this ancient practice and use it to calm your mind and body one pose at a time Discover step by step instructions for more than 45 poses Relieve stress Leverage your breathing Target weak spots avoid injury and deal with pain and chronic conditions Discover yoga apps and videos

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The Yoga-system of Patañjali Patañjali,1914

The Vedanta Kesari ,1996

Harvard Oriental Series ,1914

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Mother Jones,1995 *Bhakti-yoga* Swami Vivekananda,1922 *Râja Yoga Messenger* ,1925 **Yoga, Or, Transformation** William Joseph Flagg,1898 The Astrological Magazine ,1973 **The Hindustan Review** ,1930 *Psychic Research* ,1930

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