



Raja Yoga Explained: Yoga for Beginners Guide (Paperback)

By Sanjay Tewani

Speedy Publishing LLC, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. If you are interested in learning about yoga and are not sure where to begin, you can start with a form of yoga known as raja yoga. Raja Yoga Explained: Yoga for Beginners Guide is a book that was written to explain all the main aspects of raja yoga. It is not just a mere glance at the topic but it is an in-depth explanation of the tenets that govern this type of yoga. The main aim that the author has it to explain all the main aspects of raja yoga also that the reader not only has a better understanding of this type of yoga but a better understanding of yoga as a form of this mental, physical and spiritual practice.



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