


A GATEBOOK

The Sivananda Companion to YOGA

A
complete guide to
the physical postures,
breathing exercises, diet,
relaxation and meditation
techniques of Yoga



Foreword written by Swami Vishnu Devananda

The Sivananda Yoga Center

Sivananda Companion To Yoga

Marco Cascella



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put the loaf tray on the middle shelf and bake for 25 minutes then lower the oven to 200 c 392 f gas mark 6 and bake for 10

15 minutes more until the crust has a good colour hold the loaf in a tea towel and tap the bottom if it sounds hollow it s
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remove the risen loaf from the bag and dust with flour fill the roasting tray with cold water to create steam and put the bread
in the oven bake for 15 minutes then lower the oven to 190 c 170 c fan 375 f gas 5

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