

  
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

**Tobias Bleicker**



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