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There is more to the tradition of yoga than toning and strengthening. At the root, there is a vast and intriguing philosophy that teaches the ethics of nonviolence, patience, honesty, and respect. Michael Stone provides an in-depth explanation of ancient Indian yogic philosophy along with teachings on how to bring our understanding of yoga theory to deeper levels through our practice on the matand through our relationships with others.

To learn more about the author, Michael Stone, visit his website: www.centreofgravity.org

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