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~~The Yoga Bible – Kindle edition by Brown, Christina~~---

The definitive work by B.K.S. Iyengar, the world ' s most respected yoga teacher. B.K.S. Iyengar has devoted his life to the practice and study of yoga. It was B.K.S. Iyengar ' s unique teaching style, bringing precision and clarity to the practice, as well as a mindset of ' yoga for all ' , which has made it into the worldwide phenomenon it is today.

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