



The 8 Limbs of Yoga: Pathway to Liberation

Bhava Ram

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The 8 Limbs of Yoga is the centerpiece of the Yoga Sutras. In this book Bhava Ram applies the 8 Limbs to circumstances of our modern lives and shares how each of us can transform ourselves through this profound wisdom. Bhava's message is that each of us possesses a great inner power to unfold our creativity and manifest our fullest potential.

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