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**Yoga As  
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Yogic  
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For Health  
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English  
Edition By  
Timothy B  
Mccall**

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prevention and  
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to the science and  
it is a science as  
well as an art by  
devoting the  
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*endeavors teaching  
is like breathing  
to me and yoga to  
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the basis of the  
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is a specialist in  
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lives in the san  
francisco bay area  
as a board  
certified western  
trained physician  
who has traveled to  
india and  
throughout the  
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observing training  
with and  
interviewing the  
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ideology and let us  
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aspects of this  
wonderful practice'

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yoga as medicine  
the science of yoga  
yoga for stress  
relief and bringing  
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he then discusses  
doing yoga safely  
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