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The Four Wisdoms of Yoga

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Yogi spirituality as a path to self-actualization.

In this book, Stéphane Ayrault shares the four precepts of yogic wisdom to help readers feel more inspired in their everyday lives and, in turn, attain inner peace. He shows us how yoga is not simply a question of holding poses such as Sun Salutations. It is, first and foremost, a contemporary form of spirituality that can help us achieve happiness and reconnect with the treasure that lies within us.
