



The Yoga of Relationships: A Practical Guide for Loving Yourself and Others

By Yogi Amrit Desai

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World-renowned yoga master Amrit Desai melds ancient wisdom with modern practicality as he offers piercing insight into the nature of relationships as a road map to fulfillment. The appendix includes outline of the basic life-observances of yoga, guidelines for day-to-day living, and meditations on healing relationships.

Yogi **Amrit Desai** is recognized as one of the pioneers of the authentic teachings of yoga in the West. Today he oversees the Amrit Yoga Institute in Salt Springs, Florida, with its many affiliate branches and teachers in North America and Europe. He travels extensively giving talks and workshops.

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About the Author

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The knowledge that you get from The Yoga of Relationships: A Practical Guide for Loving Yourself and Others could be the more deep you excavating the information that hide inside words the more you get serious about reading it. It doesn't mean that this book is hard to understand but The Yoga of Relationships: A Practical Guide for Loving Yourself and Others giving you joy feeling of reading. The article author conveys their point in specific way that can be understood simply by anyone who read the item because the author of this reserve is well-known enough. This specific book also makes your own personal vocabulary increase well. Making it easy to understand then can go to you, both in printed or e-book style are available. We highly recommend you for having this The Yoga of Relationships: A Practical Guide for Loving Yourself and Others instantly.

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