



Ashtanga Yoga Primer

Baba Hari Dass

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Ashtanga Yoga, also known as Raja Yoga, is the scientific method of enlightenment propounded by the sage Patanjali in his Yoga Sutras. Baba Hari Dass has been active in training students and teachers of yoga in the United States and Canada. Through his compassionate example, young and old alike are learning the gentle art of living in peace.

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