



## Secrets of the Hatha Yoga: or, the Yogi Philosophy of Well-being (New edition)

By Yogi Ramacharaka

Indigo Books. Paperback. Condition: new. BRAND NEW, Secrets of the Hatha Yoga: or, the Yogi Philosophy of Well-being (New edition), Yogi Ramacharaka, Hatha Yoga deals altogether with the physical dimension of the initiate's spiritual progression towards the enlightened path and the dawn of wisdom. The perfect understanding and practice of this Yoga form prepares a splendid foundation upon which a person may build a sound, strong, and healthy body which is necessary for the enlightened journey of the different mental and spiritual places of the great Yogi philosophy. This book has remained the best guide on the subject for a long time and is now being reprinted to fulfill the constant demand from the scholars, practitioners, teachers and students alike.

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