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The Science Of Yoga The Risks And The Rewards NPR

In his book The Science of Yoga: The Risks and the Rewards, New York Times science writer and long-time yoga practitioner William Broad investigates popular health claims about yoga that it

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The Science of Yoga The Risks and the Rewards eBook

There is a dearth of books on Yoga by writers who took the same stance. So William J Broad's book is one of the few fine additions. A must for Yoga teachers. Curiously every yoga teacher that I recommended this book to had never read it but had an opinion about why they didn't want to read it. So hurrah! for the teachers who read this. Perhaps they are the more mindfully intelligent ones.

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