

# The Sivananda Book Of Meditation By Sivananda Yoga Centre



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This chant book, used at the Sivananda Yoga Center in Los Angeles, is intended to assist you in mantra chanting. The Sivananda Book Of Meditation

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Swami Sivananda is know as one of the greatest Yoga masters of the 20th century and is the inspiration behind the Sivananda Ashram and Beacon Yoga Centre.

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A search for the meaning of life through yoga and meditation took her to India to Sivananda S., Farewell to Swami Sivananda Radha , Yoga Centre of

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