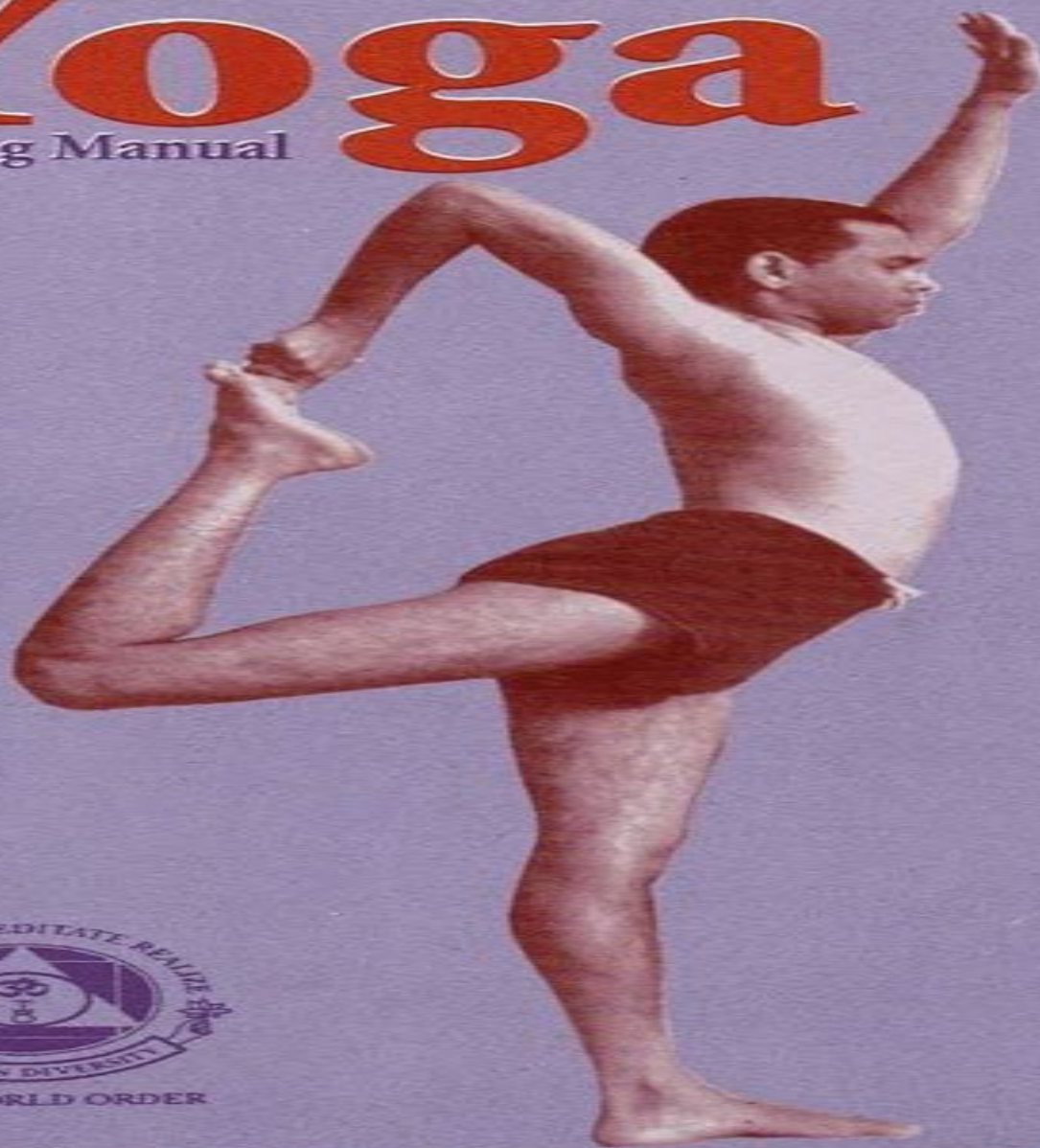


# The Sivananda **Yoga** Training Manual



# Training Manual



Sivananda Yoga Vedanta Centre

# Sivananda Training Manual

**M Lipman**



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