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By Swami Muktananda

Yoga Publications Trust (Bihar School of Yoga), Munger, India, 2003. Paperback. Book Condition: New. Dust Jacket Condition: New. Reprint. Nawa Yogini Tantra explores the needs of women in today's society from a yogic perspective. From her esoteric origins as a 'goddess' the book traces the unique journey of each woman through life's varying roles and situations. The reader is given a broad view of issues that concern women of all ages, from adolescence through to adulthood. The book addresses the specific health needs of women and offers comprehensive yogic advice, along with specially designed practice programs for ongoing health management. Topics include: menstruation, pregnancy, menopause, depression, backache, weight problems, varicose veins and urinary disorders. Printed Pages: 244 with line drawings. Size: 14 Cms x 22 Cms.


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