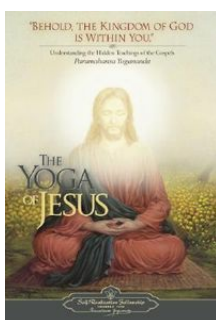


THE YOGA OF JESUS: UNDERSTANDING THE HIDDEN TEACHINGS OF THE GOSPELS

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Original Book Format	Paperback
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Filesize	3.59 MB

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Reader's Opinions

The word "Yoga" really means "union". To me, Yoga is a sort of spiritual science of our energy flows and consciousness, and most people think of it as physical poses, although that is only one branch or type of yoga (Hatha Yoga). Some others are Karma, Mantra, Bhakti, Jnana, and Raja yogas. Of course...