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Satyananda Saraswati - Wikipedia

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composed of the three gunas.

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About the Author Swami Satyanada Saraswati is an authority on Yoga and more than anything else the popularity of his other books more than prove his prowess in his intense knowledge and the easy to understand language style. He is the Founder of Bihar School of Yoga, the only school of it's kind. Page 1 of 1 Start over Page 1 of 1

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