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## **Sivananda Yoga Vedanta Centre**

Yoga: Your Home Practice Companion [Sivananda Yoga Vedanta Centre] on Amazon.com. \*FREE\* shipping on qualifying offers. Practice hatha yoga at home with beginner, intermediate, and advanced levels for each asana (pose) Yoga Mind and Body [Sivananda Yoga Vedanta Centre] on Amazon.com. \*FREE\* shipping on qualifying offers. All the yoga essentials are covered in this easy-to-follow, step-by-step visual guide. Develop your mental and physical potential Sivananda Yoga Vedanta Ashrams in Neyyar Dam, Madurai and Uttarakashi are now Certified Yoga Schools under the Scheme of Voluntary Certification of Yoga School Supported by Ministry of AYUSH, Government of INDIA and managed by Quality Council of India. Swami Sivananda explains the importance of celibacy for spiritual practice.