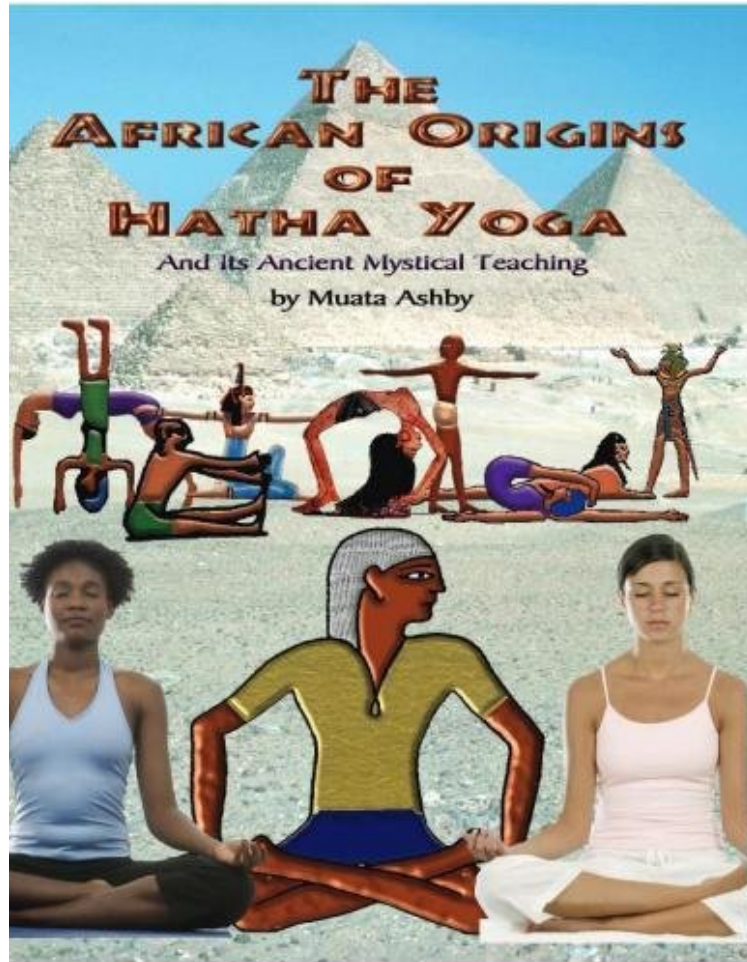


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# The African Origins of Hatha Yoga: And its Ancient Mystical Teaching

Muata Ashby

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one volume, as opposed to being contained in the larger work along with other subjects, because even in the early 21st century, the idea persists that the Yoga and specifically, Yoga Postures, were invented and developed only in India.