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Asana Pranayama Mudra Bandha [APMB] is one of two textbooks used in a yoga teacher training course I recently attended. The other text is BKS Iyengar's Light on Yoga. Iyengar's book is one of the most well-known yoga books in the world, and I, therefore, expected that I would prefer Light on Yoga to the much more utilitarian looking APMB—a book that you're unlikely to find at your local ...

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