

# Principles of Hatha Yoga by Ratan Lal Basu

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File Size	: 163637 kb
Status	: Available
Last Access	: 8 minutes ago



## Description Principles of Hatha Yoga by Ratan Lal Basu

The book gives a general outline of the Hatha Yoga methods as delineated in the Book “Hatha Yoga Pradipika”, written in Sanskrit by Yogi Svatmarama during the fifteenth century A.D.

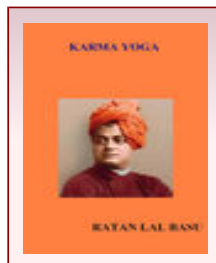
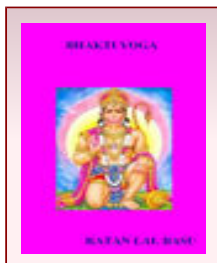


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