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Iyengar Yoga News 8 - Spring 2006 20 WHAT IS MENOPAUSE? The Menopause Is Defined As The Time When The Periods Don't Occur For 9 Months At A Stretch. It Usually Occurs Between 40 And 50 Years Of Age. Irregular Periods And Less Abundant Periods Are Signs Of Its Onset. Pre-menopause Is The Time Of Life Between Having Regular Periods And The ... May 5th, 2024

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Contains A Preface Section And Vivekananda's Eight Lectures On Raja Yoga, And The Second Part/book Contains Patanjali's Yoga Aphorisms And Swami Vivekananda's Commentaries And Explanations On Those Verses. Raja Yoga Was One Of Vivekananda's First Books On The Feb 9th, 2024

B.K.S. IYENGAR YOGA LIGHT ON YOGA

Following Dr Geeta S. Iyengar S European Tour In April And May 2002, Judith Jones Interviewed Her For Iyengar Yoga News On 25th August 2002 In The Library Of The Ramamani Iyengar Memorial Yoga Institute In Pune, India. In This Issue Of IYN We Are

Publishing The Second Of Three Instalments. Apr 8th,
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