
shadow yoga

Posted by hazephase - 2007/08/04 23:58

The name Shadow Yoga is derived from the 6th chapter of the ancient tantrik treatise – 'The Shiva-Svarodaya' (the birth of the breath of life revealed by the god Shiva).

Its the lastest big thing is the west lots of people doing it .

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Re:shadow yoga

Posted by Rohitpatel - 2007/08/05 17:50

Well so far I have good information about Yoga but this is really ned for me and I never heard about this and history of shadow yoga. Thanks to inform it. I would happy if you provide more information on it.:

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Re:shadow yoga

Posted by hazephase - 2007/08/05 22:15

You can take a look at the web site , this guy has done yoga for the age of 7 and learned lots of there things besides yoga , a freind of mine gave me the book , also are you interested in sharing the DVD it cost 60 dollars I can pay some of it and I can send you a copy
<http://shadowyoga.com/>

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Re:shadow yoga

Posted by Rohitpatel - 2007/08/07 18:29

Well I saw that websites and looks very good for me.I will read each and every thing there. Thanks for link.:)

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