



# **Bikram Yoga: The Guru Behind Hot Yoga Shows the Way to Radiant Health and Personal Fulfillment**

*Bikram Choudhury*

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## **Bikram Yoga: The Guru Behind Hot Yoga Shows the Way to Radiant Health and Personal Fulfillment** Bikram Choudhury

Are you ready to achieve lasting health and happiness? Grab your mat and get ready to change your life.

Leave your assumptions and your excuses at the door. Bikram Choudhury, the world's foremost authority on Hot Yoga, is here to show you the true way to self-improvement and a new love of life. Based on a centuries-old and scientifically proven pathway to health, Bikram Yoga will whip your body, mind, and spirit into shape. Based on Bikram's signature program of 26 postures and two breathing exercises, this book will help you combat a variety of afflictions from stress and insomnia to arthritis and back pain and maintain exceptional health for years to come.

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