

The Complete Illustrated Book Of Yoga In Hindi

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The Complete Illustrated Book of Yoga in Hindi:
 This book is a comprehensive guide to the practice of yoga, covering all the essential aspects of the discipline. It is written in Hindi and is suitable for both beginners and advanced practitioners. The book is divided into several sections, each dealing with a different aspect of yoga. The first section deals with the philosophy of yoga, the second with the history of yoga, the third with the various schools of yoga, the fourth with the practice of yoga, and the fifth with the benefits of yoga. The book is illustrated with numerous photographs and diagrams, which help to clarify the concepts and techniques discussed in the text. The book is a valuable resource for anyone interested in the practice of yoga.

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No	Question	Answer
1	क्या 'The Complete Illustrated Book of Yoga' वास्तव में योग के सभी पहलुओं को कवर करता है?	हाँ, यह वास्तव में योग के सभी पहलुओं को कवर करता है, जिसमें 'योग के आठ अंग' और 'योग के 108 प्रश्न' शामिल हैं। यह योग के सभी पहलुओं को कवर करता है।
2	क्या यह किताब योग के सभी शैलियों को कवर करती है, जैसे कि हठ योग, वायु योग, और कर्मा योग?	हाँ, यह किताब योग के सभी शैलियों को कवर करती है, जिसमें हठ योग, वायु योग, और कर्मा योग शामिल हैं। यह योग के सभी शैलियों को कवर करती है।

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