Himalayan Yoga Tradition – Teacher Training Program

HYT-TTP Home Study Manual
600-Hour Level Two Student Manual

An integrated program in self-transformation leading to self-realization in the authentic tradition of H.H. Shri Swami Rama of the Himalayas.

Preliminary Version

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Hyt Ttp Home Study Manual 600 Hour Level Two Student Manual

Ying-Ying Zheng

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