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Svatmarama memberikan penerangan atas Hatha-Yoga yang tadinya penuh kegelapan (tidak jelas). Judul dari bukunya, Hatha-Yoga-Pradipika, berarti Lilin (atau

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Oct 28, 2006 Best Answer: The Hatha yoga pradipika of Svatmarama is one of the most important yoga texts, and Hans-Ulrich Rieker's translation and commentary have long

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