



## Yogoda or Tissue-Will System of Physical Perfection (with diagrams)

*By Swami Yogananda*



**Yogoda or Tissue-Will System of Physical Perfection (with diagrams)** By Swami Yogananda

This manual by Swami Yogananda presents energization practices and steps to attain mastery. Lessons and exercises are presented with diagrams, and the principles behind each technique are clearly explained. Other topics include "Conscious Breathlessness is Deathlessness" and "Conscious Contact with Cosmic Consciousness." This text has been custom formatted for Kindle devices.

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Bibliography**

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#### About the Author

Swami Yogananda (renamed by his guru Paramhansa in 1935) is the world-renowned author of Autobiography of a Yogi and of many books of poetry and meditation.

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