



## Advanced Yoga Practices

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The guru is in you.

Yogani

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# Retreats

**Fast Track to Freedom**

**A Guide for Leaders  
and  
Practitioners**

**Yogani**

**From The AYP Enlightenment Series**

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## Further Reading and Support

Yogani is an American spiritual scientist who, for forty years, has been integrating ancient techniques from around the world which cultivate human spiritual transformation. The approach is non-sectarian, and open to all. His books include:

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