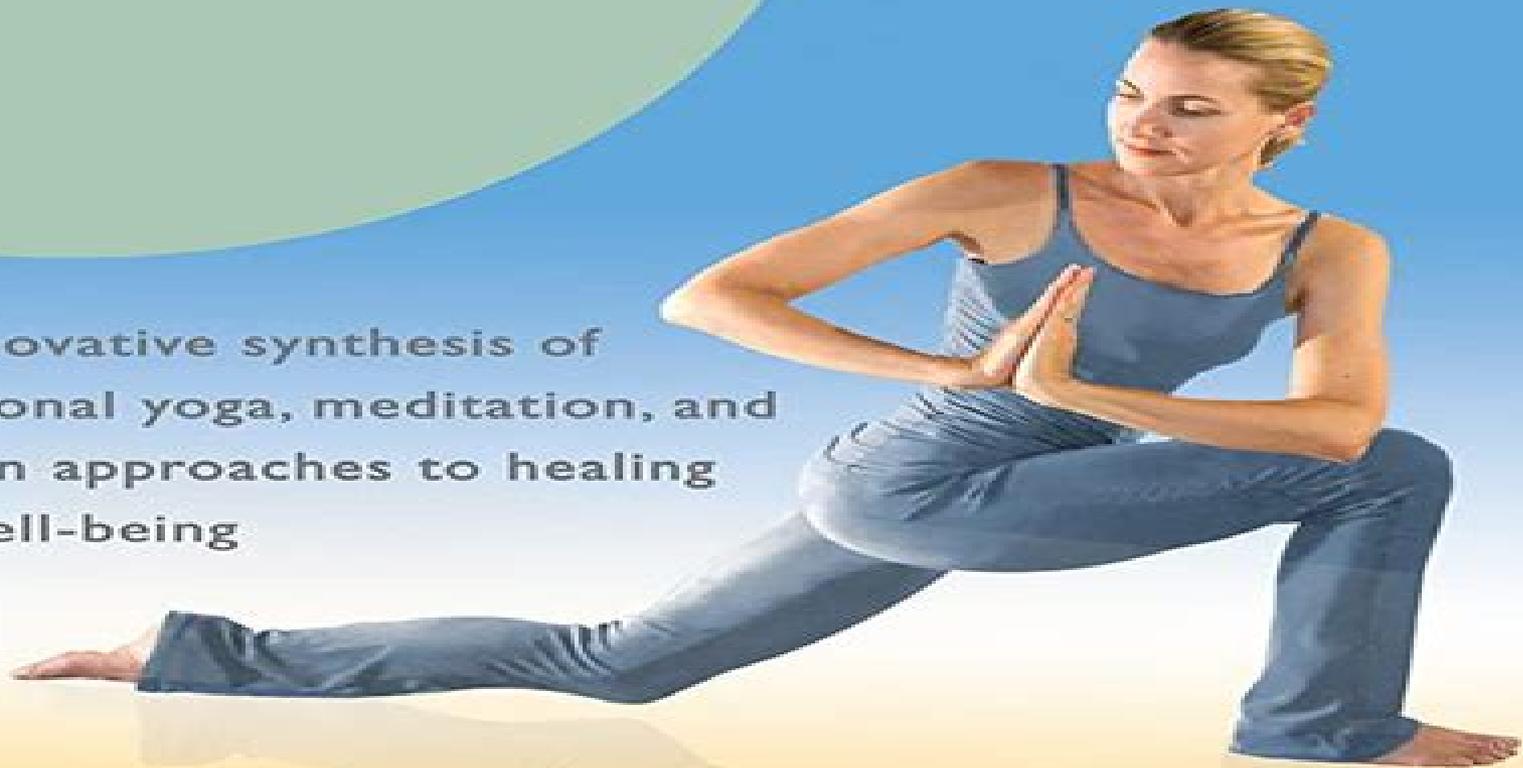


# INSIGHT YOGGA

An innovative synthesis of  
traditional yoga, meditation, and  
Eastern approaches to healing  
and well-being



**Sarah Powers** *Foreword by* **Paul Grilley**

# Insight Yoga

**Robert R. Redfield**



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