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Corporate Yoga - A Primer for Sustainable and Humanistic Leadership Shiv

Tripathi,Wolfgang Amann,2017-10-18 This book introduces corporate yoga as a novel concept to inspire leaders and managers It suggests using yogic principles to reframe leadership anticipate and handle crises and create sustainable humanistic companies The approach aims to transform vision statements strategies and governance fostering change in organizations

Hatha Yoga Yogi Ramacharaka,1904 *The Complete Guide to Yoga for Fitness Professionals* Debbie

Lawrence,Conrad Paul,2014-07-31 A yoga guide for fitness professionals and instructors outlining the different stages to

yoga practice acknowledging the physiological principles history and how to teach it

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