

**B.A.G.H.D.A.D. YOGA: A SHIFT IN
CONSCIOUSNESS: FEAR TO LOVE, WAR TO PEACE**

Dustin Torossian

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As people are very individual, no two have the same sorts of tension and negativity. Furthermore, a path of exhaustion only leads to burn-out, not to enlightenment. In a yoga group, there is basically after each exercise a short break.

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