



Bhole: Adventures of a Young Yogi

Hema de Munnik

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Although there are many interesting and informative books on meditation for adults, these books may be unattractive and hard to understand for children. Parents and grandparents who are meditators often find it difficult to explain to children what they are actually doing and why. It is hoped that this book will be helpful to provide information about the science of yoga and meditation to the younger generation.

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