

Richard Hittleman Introduction To Yoga

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Richard Hittleman Introduction To Yoga

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Richard Hittleman - Wikipedia

Before there was Rod Stryker Ana Forrest or Shiva Rea, there was Richard Hittleman (1927 - 1991). At age 22, he studied the written works of Ramana Maharshi after learning some yoga basics from a Hindu maintenance man who helped his parents at a Catskill retreat called "Utopia."

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