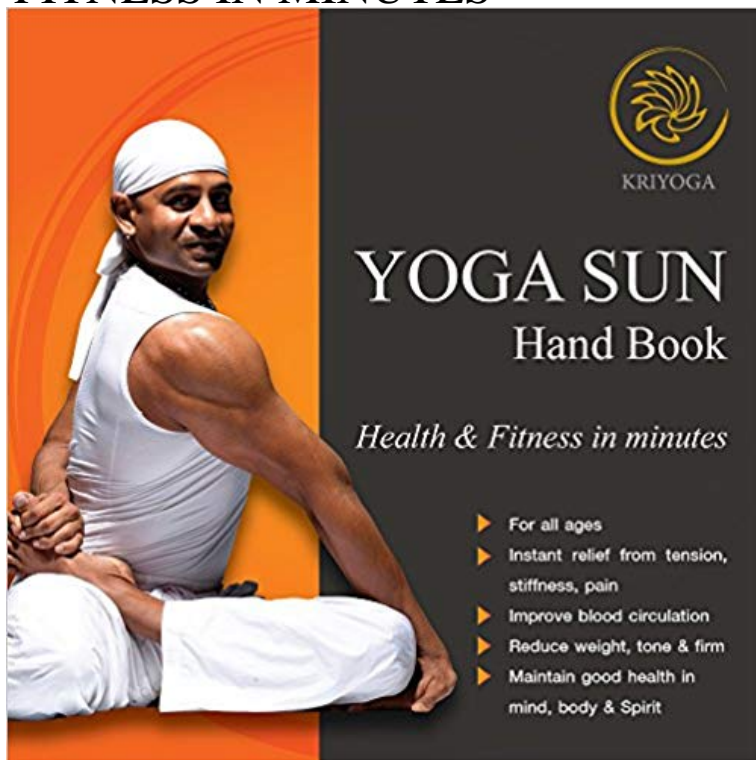


# YOGA SUN HANDBOOK BY MASTER KAMAL: HEALTH & FITNESS IN MINUTES



Are you stressed? Are you feeling tired, dull, exhausted or lethargic? Are you suffering with back, neck, knee pain and stiffness? Then, this Hand book is the answer! This book is for Beginners. Best way to start your day. There is nothing easier & effective for quick results to be healthy & fit than YOGA SUN. Invest a little time (30 min 2-3 times a week) to stay healthy and fit, which is the most pre-requisite for a joyful living. Being fit and healthy is very easy! Yoga Sun postures are simple and an effective exercise routine that exercise almost all systems of your body i.e., cardio vascular, muscle strength, muscle endurance, blood circulation, glandular functions & joint suppleness. There is none other than YOGA SUN to give you all the benefits that you need for a healthy, happier and vibrant life!

Abravanel's World of Torah, upon completion, will comprise a multi-volume set of Don Yitzchak Abravanel's commentary to the Five Books of Moses. This series is not a linear translation but rather a methodical, structured interpretation of Abravanel's commentary. It is designed to be read and studied independently or can be used as an excellent guide and helpful companion to the Hebrew original.

Abravanel's World of Torah: Bereshit was originally published by Torah Renaissance Press in 2012. This was followed by a Second Printing (2nd Ed.) in 2013 and a Third Printing in 2014.

Abravanel's World of Torah: Shemot Volume I covers the first six parshiyot in Sefer Shemot. This volume features a systematic translation of Abravanel's classic commentary beginning with Parashat Shemot until the end of Parashat Mishpatim, plus much more.

Abravanel's World of Torah: Shemot Volume II concludes Sefer Shemot. It features an in depth analysis of the Mishkan (Tabernacle), the Thirteen Attributes, and much more.

Vayikra is due out in the Spring of 2017.

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