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Acu-Yoga is a system of exercises integrating the knowledge of two holistic methods of health maintenance—acupressure and yoga. Both relax muscular tension and balance the vital life forces of the body. PREFACE . To a lifelong interest in biography as a recreation I have added a strong conviction of its value in education; and so it has happened that for the occasional address a biographical subject was often chosen. 30 Mar 12 - Evacuation fears for 15,000 people after complete German wartime V2 Rocket found off British coast . In its typically down-played style, the Daily Mail has published the above headline to this article following up yesterday's call out for SDU2 to deal with a V2 rocket on the mudflats near Harwich in Essex. Once again, MCDOA member Dan Herridge is featured. From the Publisher (1954) The original edition of this book was published in Russian in 1940 by the Latvian Roerich Society in Riga. The publishers extend grateful acknowledgement to Mme. V. L. Dutko for her penetrative and sensitive work in rendering the first English translation.