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The Voice of South East Asia

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YOGALIFE is our proclamation that we are a community wanting the best for life - in preserving our planet for ourselves and our children; in upholding the values that are sacred to man and in highlighting the goodness of this existence. It is our mission to create awareness where darkness has taken domain and to provide holistic alternatives in the name of that preservation. It is also about taking life, one step at a time, in being mindful, adding the basic instances of life, into our very complex and stress-filled modern way of living.

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