

# RAMPANT



## LIVE ACTION ROLEPLAYING

A TWIN CROWNS SUPPLEMENT

# Rampant Rules For Liveaction Role Playing A Twin Crowns Supplement

**Harald Henning**



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web aug 10 2021 composed in the 15th century ce pradīpika means a light or lamp and indeed the text is a guide for the practice of haṭha yoga the text covers the main aspects of yoga practice from the haṭha point of view including āsanās physical postures prāṇāyāma conscious breathing exercises mudrā energetic