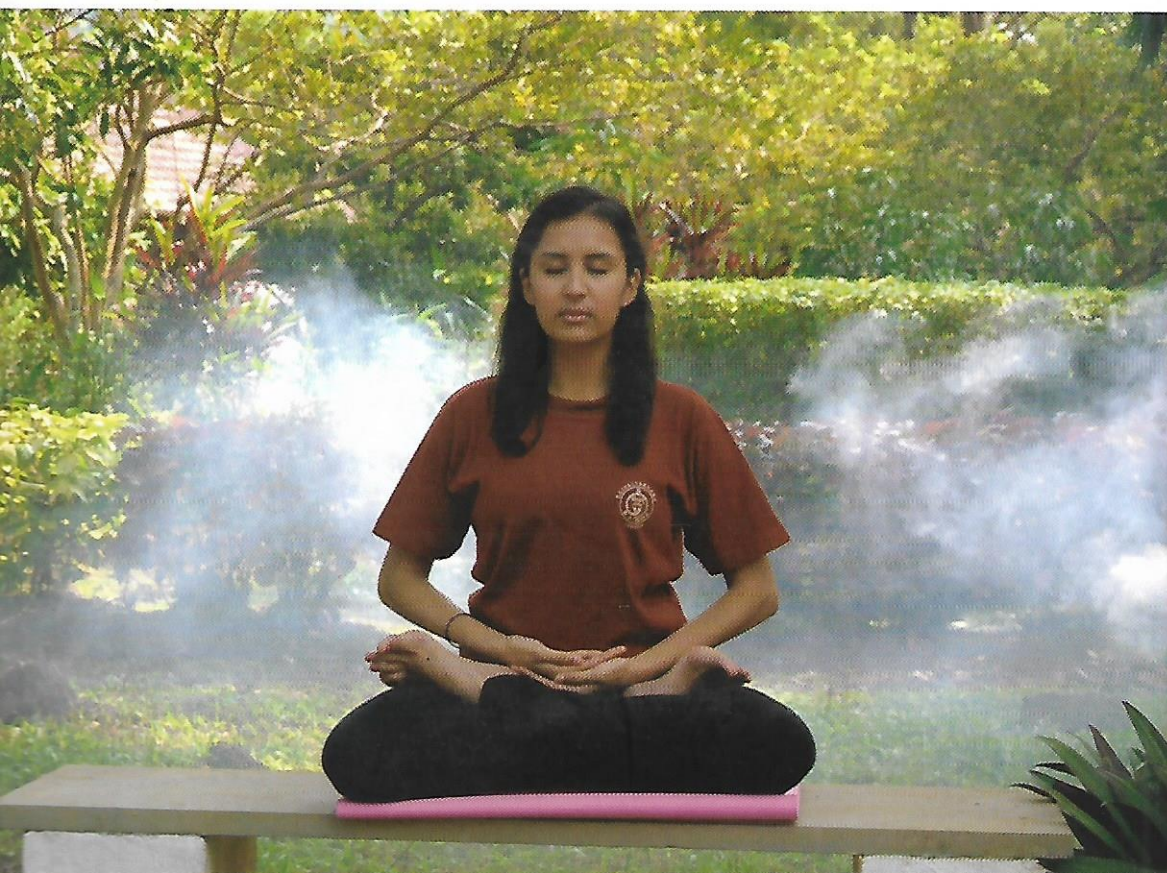


# ĀSANA WHY & HOW



*O.P. Tiwari*

K A I V A L Y A D H A M

# ĀSANA WHY & HOW ?

O. P. TIWARI

# आसन क्यों और कैसे ?

लेखक

ओमप्रकाश तिवारी

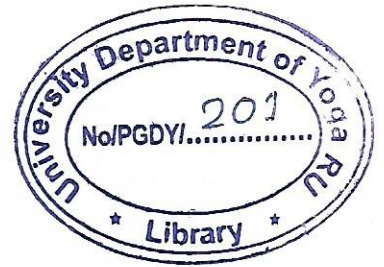
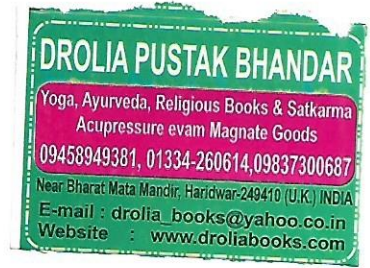


कैवल्यधाम

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जिला पुणे - ४१० ४०३, भारत

**KAIVALYADHAM**

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विषय सूची  
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Kaivalyadham was founded in 1924 by Swami Kuvalayananda and is, today, one of the oldest and foremost scientific yoga research institutes in the world. Inspired by his Guru, Sri Madhavadasji, a master of yoga, coupled with his own innate desire to bridge the gap

between the physical and psycho-spiritual aspect of yoga, Swami Kuvalayananda was led down the path of a spiritual journey. This journey ultimately manifested in the founding of Kaivalyadham, which has built itself on Swami Kuvalayananda's legacy and mission to bring together traditional yoga with modern science. A great visionary in his own right, Kuvalayanandaji, felt that yoga had the ability to positively transform and heal all elements of a person's life.

Building on the wisdom, knowledge and foundation that Swami Kuvalayananda established, Kaivalyadham has become a place of spirituality and life transformation for thousands of people that hail from different countries and cultures. To say it is a place where people come simply to practice asanas would do it little justice, as this is just one small piece of the institute's pie. Rather, Kaivalyadham is a place of holistic healing, where there is an emphasis on the scientific aspect of yoga just as much as there is the physical. The headquarters sprawl over one hundred seventy acres of land that is nestled in the foothills of Lonavala, India. The institute has over 13 affiliated centres in 8 countries. Each year, Kaivalyadham serves over three thousand participants and students, for both therapeutic and educational purposes.



**KAIVALYADHAM**

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