

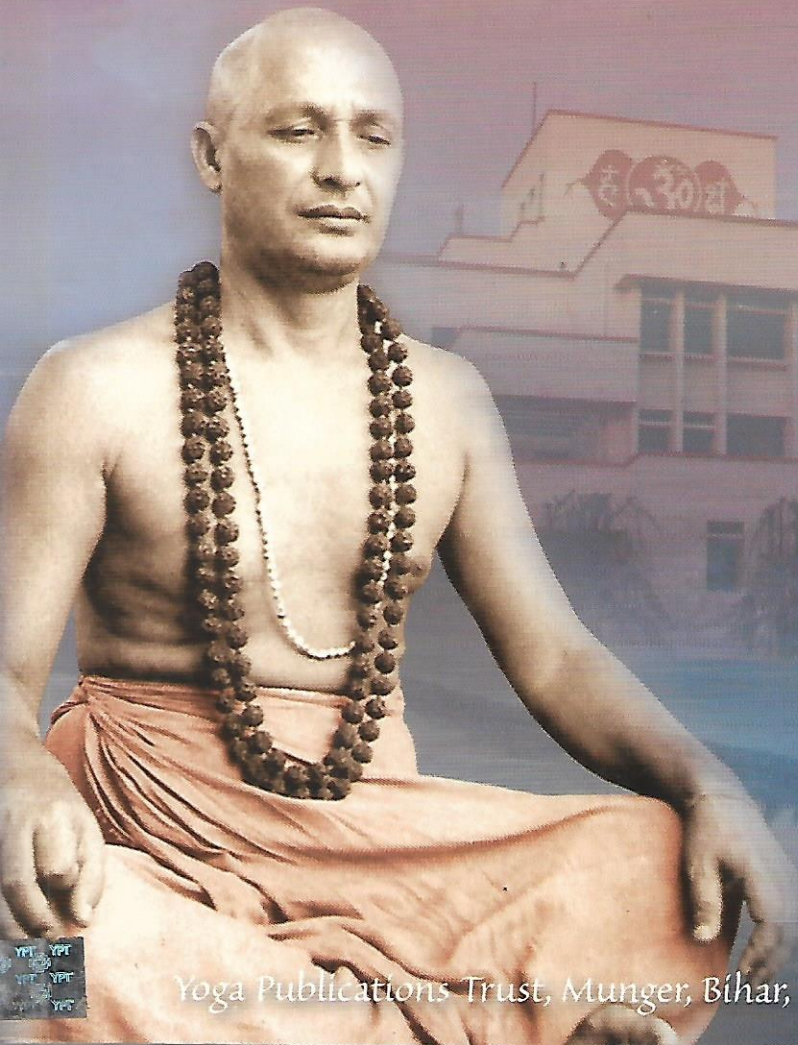
2013 Golden Jubilee edition

BIHAR YOGA

Bihar School of Yoga

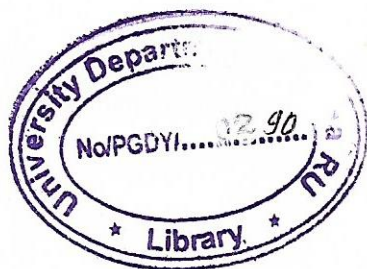
The Vision of a Sage

From the teachings of Swami Satyananda Saraswati
and Swami Niranjanananda Saraswati

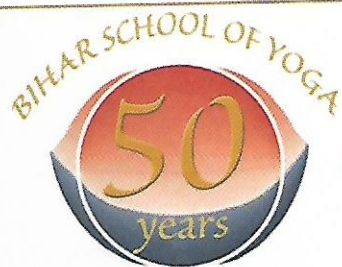


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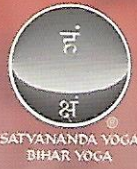
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During 2013, the Golden Jubilee Year of Bihar School of Yoga, many keen aspirants and seekers asked three questions: "What is the story behind Bihar School of Yoga?" "What was Swami Satyananda's vision of yoga?" and "What is yoga?" This book seeks to answer these questions.

Bihar School of Yoga: The Vision of a Sage tells the story of Swami Satyananda Saraswati's life as a spiritual seeker, his learning, toil and effort while tirelessly serving his guru, Swami Sivananda, for twelve years, and the ensuing years of fulfilling his guru's mandate 'to spread yoga from door to door and shore to shore'. The development of Bihar School of Yoga, the dedication behind it and the global propagation and revival of yoga in the modern era, including the journey of Swami Niranjanananda, Sri Swamiji's successor, are described.

Sri Swamiji's far-reaching vision of yoga for the spiritual evolution of humanity is told through narrations and satsangs: the story of his life tells how a yogic dream was formed and manifested. Due to Sri Swamiji's aspirations to fulfil his guru's mandate, humanity has been given a vidya, a path of learning, so expansive, profound and complete, that it seems it can never be surpassed. In so doing, he established himself as the foremost inspirer of yoga in this era, leaving footprints that millions continue to follow.



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