

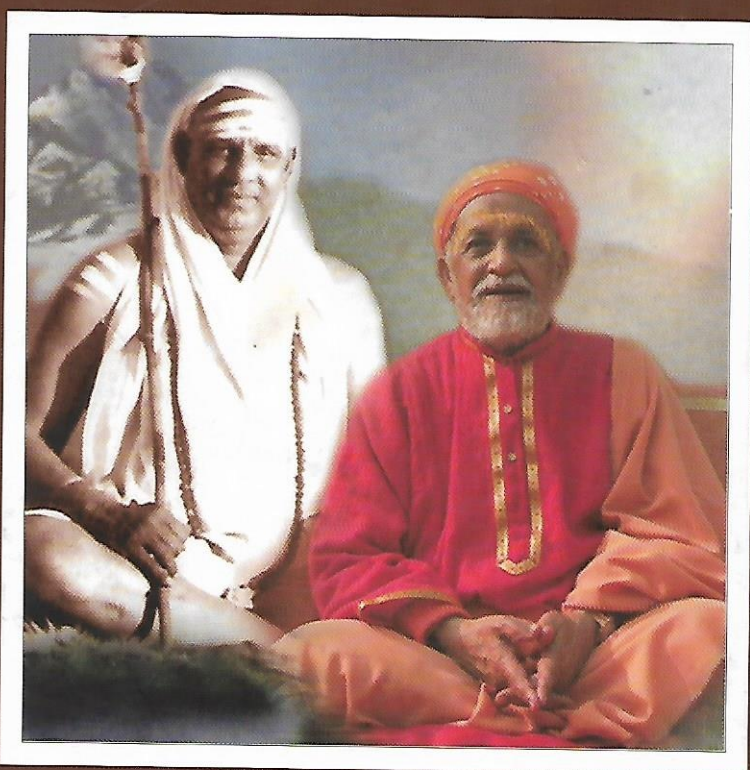
CONVERSATIONS ON THE SCIENCE OF YOGA

Hatha Yoga Book 1

AN OVERVIEW

*From the teachings of
two great luminaries of the 20th century,*

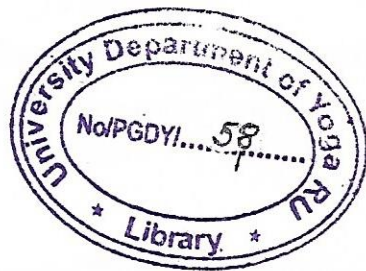
Sri Swami Sivananda Saraswati
Sri Swami Satyananda Saraswati



Yoga Publications Trust, Munger, Bihar, India

Hatha Yoga Book 1

An Overview



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SATYANANDA YOGA
BIHAR YOGA

Conversations on the Science of Yoga is an encyclopaedic series presenting the vast, timeless culture of yoga topic by topic through the voice of three generations of masters – Swami Sivananda Saraswati, Swami Satyananda Saraswati and Swami Niranjanananda Saraswati. The teachings are given in question and answer format with the inclusion of verses from the scriptures, connecting the modern experience with the classical tradition.

Hatha Yoga Book I: An Overview introduces the vast field of hatha yoga, laying a foundation for understanding the more specific aspects addressed in subsequent books. It clearly presents hatha yoga as a profound and holistic science for purification of the physical and energy bodies with the purpose of managing the mind and experiencing higher states of consciousness. Included are: the origins and history of hatha yoga; hatha yoga in other cultures; an understanding of the pranic or energy body; the role of hatha yoga in other branches of yoga; and guidelines for hatha yoga practice and lifestyle.

Through the wisdom of these masters, a complete understanding of hatha yoga and a vision for its application in the modern era is interpreted for yoga aspirants around the world.



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