

2013 Golden Jubilee Edition

BIHAR YOGA®

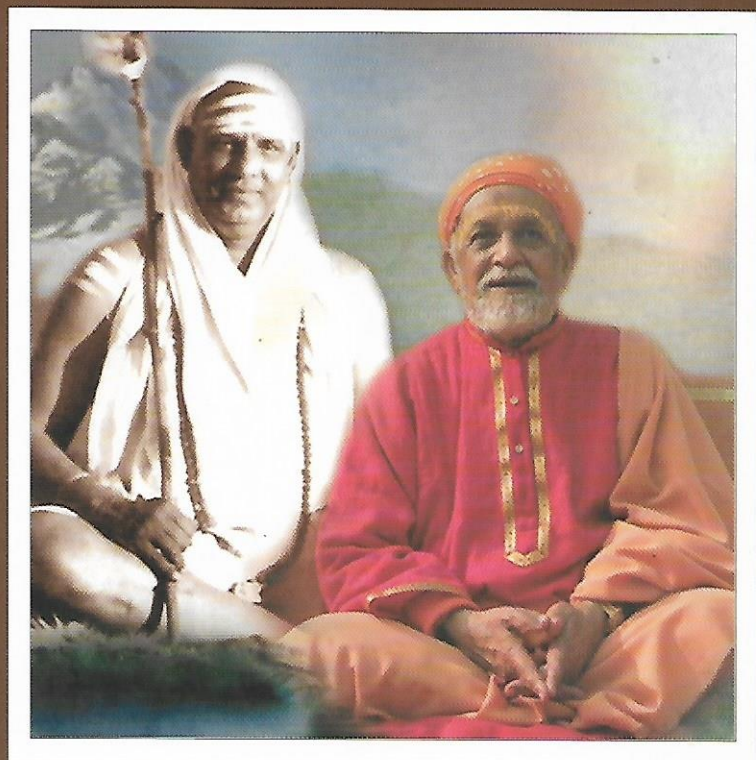
CONVERSATIONS ON THE SCIENCE OF YOGA

Hatha Yoga Book 2

HATHA YOGA AND THE MIND

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

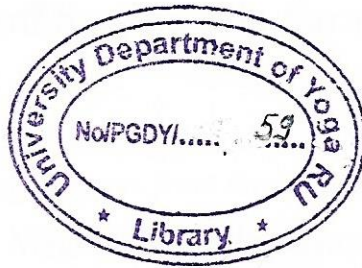
Sri Swami Sivananda Saraswati
Sri Swami Satyananda Saraswati



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Hatha Yoga Book 2

HATHA YOGA AND THE MIND



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BIHAR SCHOOL OF YOGA



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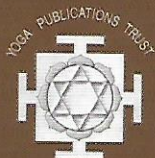


SATYANANDA YOGA
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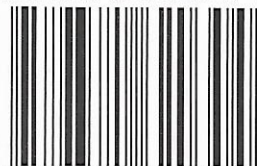
Conversations on the Science of Yoga is an encyclopaedic series presenting the vast, timeless culture of yoga topic by topic through the voice of three generations of masters – Swami Sivananda Saraswati, Swami Satyananda Saraswati and Swami Niranjanananda Saraswati. The teachings are given in question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

Hatha Yoga Book 2: Hatha Yoga and the Mind is an in-depth exploration of the influence of hatha yoga on the mind. This vital aspect of hatha yoga is often overlooked due to the physical nature of the practices. The purpose of hatha yoga, however, is to balance and awaken both the dynamic and the mental energies in the body. Included are: the mind as energy; effects on the brain and personality; mind management; hatha yoga in meditation and higher states of consciousness; and beyond the limitations of the mind, the experience of samadhi.

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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