

2013 Golden Jubilee edition

BIHAR YOGA

CONVERSATIONS ON THE SCIENCE OF YOGA

# Hatha Yoga Book 3

## SHATKARMA

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

**Sri Swami Sivananda Saraswati**  
**Sri Swami Satyananda Saraswati**

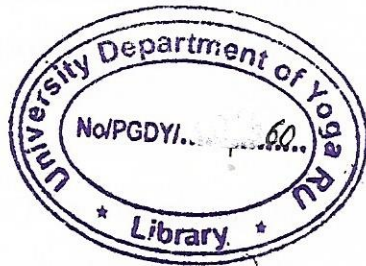


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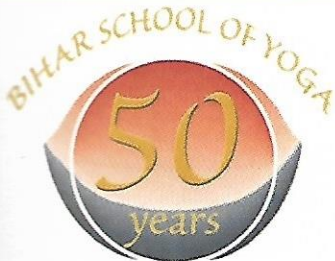


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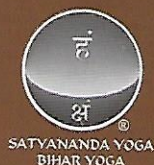


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*Conversations on the Science of Yoga* is an encyclopaedic series presenting the vast, timeless culture of yoga topic by topic through the voice of three generations of masters – Swami Sivananda Saraswati, Swami Satyananda Saraswati and Swami Niranjanananda 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.

The yogic techniques for cleansing the inner body are known as the shatkarmas, meaning 'six actions'. Traditionally regarded as essential preparation for higher sadhana, the effect of these purification practices on general health and specific ailments is both therapeutic and preventative. *Hatha Yoga Book 3: Shatkarma* introduces and explains the practices, giving insights into their traditional use as well as their application in modern life. This unique compilation includes techniques that are relatively unknown, bringing to light a wealth of knowledge from a range of sources.

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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