

2013 Golden Jubilee edition

BIHAR YOGA®

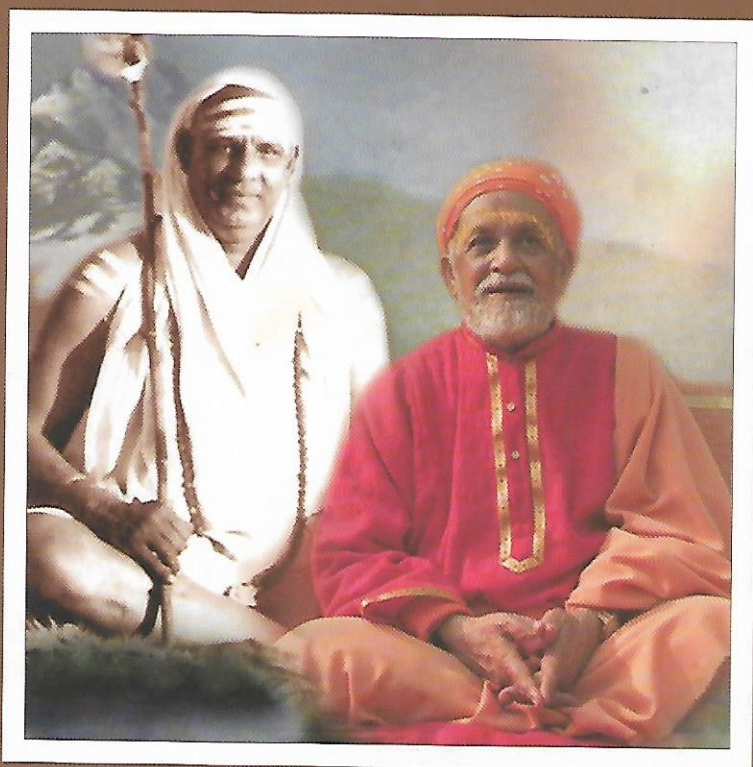
CONVERSATIONS ON THE SCIENCE OF YOGA

Hatha Yoga Book 4

ASANA

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

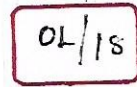
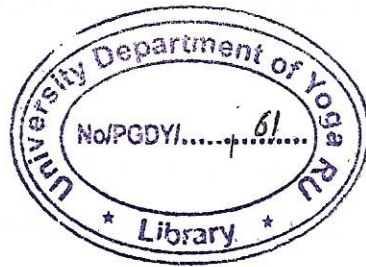
Sri Swami Sivananda Saraswati
Sri Swami Satyananda Saraswati



Yoga Publications Trust, Munger, Bihar, India

Hatha Yoga Book 4

ASANA



BIHAR SCHOOL OF YOGA



1963-2013

GOLDEN JUBILEE

WORLD YOGA CONVENTION 2013

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Contents

Preface	<i>ix</i>
Introduction	1
1. Understanding Asana	7
2. Benefits and Effects of Asana	32
3. Asana Sadhana	68
4. Beginners' Asanas	99
5. Intermediate Asanas	170
6. Advanced Asanas	253
7. Meditation Asanas	274
Appendices	
A: Index of Questions	317
B: Index of Scriptural Quotes	337
C: Index of Illustrations	348
Glossary	257
General Index	372



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.

Asanas, the yoga postures, have become the international symbol of yoga. Their unique health-promoting qualities make asanas the perfect balance for modern lifestyles. *Hatha Yoga Book 4: Asana* is a timely work, presenting both classical and modern interpretations of this ancient system which fulfils a fundamental role within the vast yogic culture. Their evolution, effects, classification and application are explained. Thirty-five asanas previously unpublished by the Bihar School of Yoga have been added to the repertoire, which is illustrated in its entirety.

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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