

2013 Golden Jubilee edition

BIHAR YOGA®

CONVERSATIONS ON THE SCIENCE OF YOGA

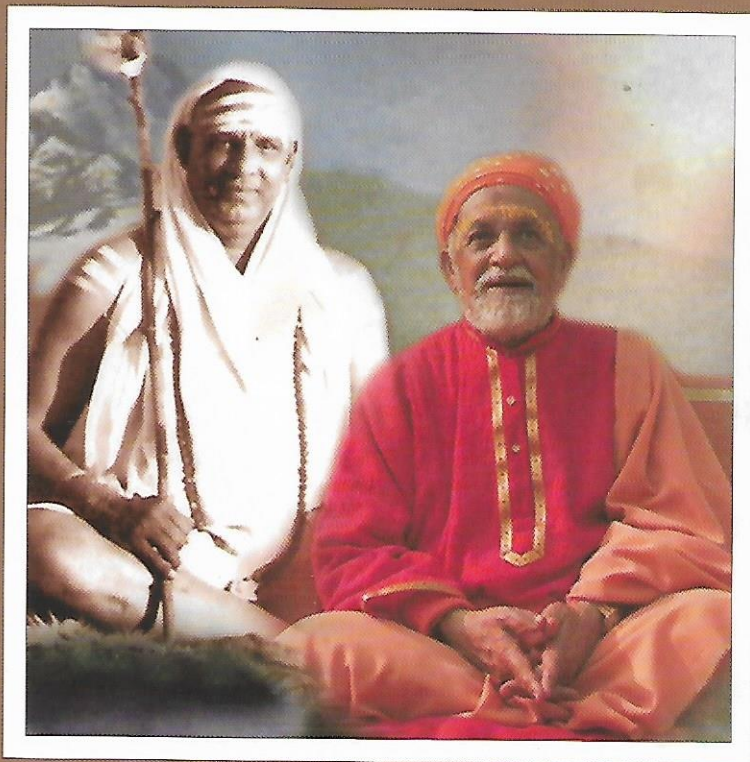
Hatha Yoga Book 6

MUDRA AND BANDHA

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

Sri Swami Sivananda Saraswati

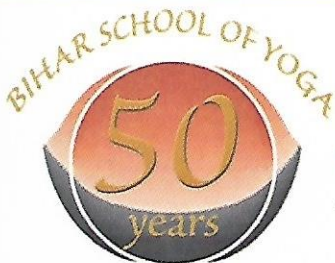
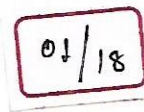
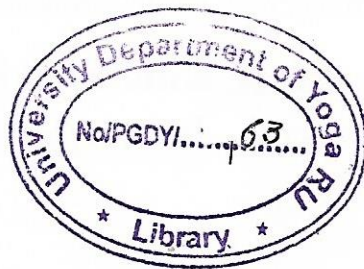
Sri Swami Satyananda Saraswati



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Hatha Yoga Book 6

MUDRA AND BANDHA



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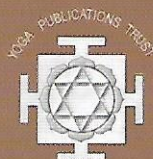


SATYANANDA YOGA
BIHAR YOGA

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.

Mudras and bandhas are important hatha yoga practices, yet they are not widely practised, and with the exception of the hatha yoga scriptures, little has been written about them. They are techniques which specifically conserve and direct prana, the energy that powers the body and mind. In the modern era, Satyananda Yoga has systematized mudras and bandhas, introducing their practice to yoga students around the world. *Mudra and Bandha* thoroughly and clearly presents both the classical and contemporary understanding and use of these powerful techniques.

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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