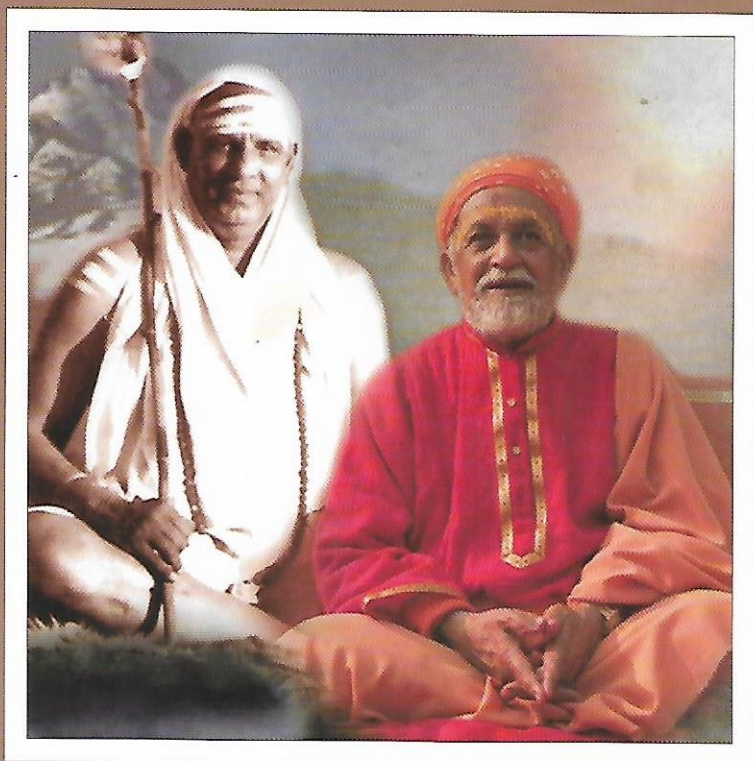BIHAR YOGA

CONVERSATIONS ON THE SCIENCE OF YOGA

Hatha Yoga Book 7
HATHA YOGA AND HEALTH

*From the teachings of
two great luminaries of the 20th century*
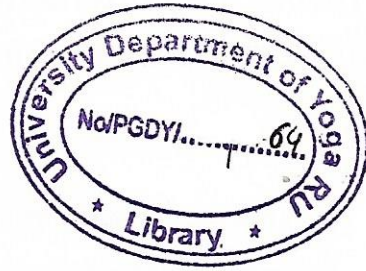
Sri Swami Sivananda Saraswati
Sri Swami Satyananda Saraswati

Hatha Yoga Book 7
HATHA YOGA AND HEALTH

BIHAR SCHOOL OF YOGA

50 years

1963–2013
GOLDEN JUBILEE

WORLD YOGA CONVENTION 2013
GANGA DARSHAN, MUNGER, BIHAR, INDIA
23rd–27th October 2013

Contents

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 and Health takes an in-depth look at the application of hatha yoga for physical and mental health. The yogic understandings of health and disease are explained, with a focus on the body-mind relationship and on hatha yoga as a system for balancing the body's pranic energy. The therapeutic application of hatha yoga is discussed, including reference to research on the topic. The benefits of hatha yoga on the systems of the body and specific health conditions are presented in detail.

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.