

2013 Golden Jubilee edition

BIHAR YOGA

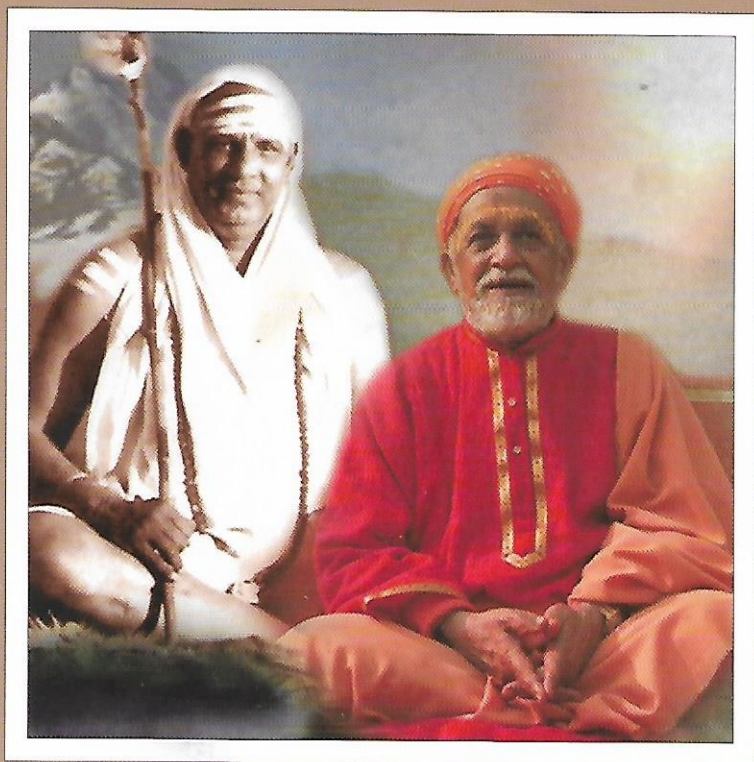
CONVERSATIONS ON THE SCIENCE OF YOGA

Hatha Yoga Book 8

A GUIDE TO SADHANA IN DAILY LIFE

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

Sri Swami Sivananda Saraswati
Sri Swami Satyananda Saraswati

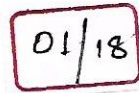
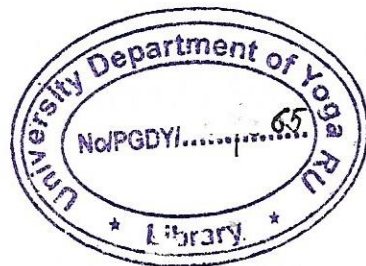


Yoga Publications Trust, Munger, Bihar, India



Hatha Yoga Book 8

A GUIDE TO SADHANA IN DAILY LIFE



1963-2013
GOLDEN JUBILEE

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

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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.

Hatha Yoga Book 8: A Guide to Sadhana in Daily Life completes the set of volumes on hatha yoga, explaining how to apply the teachings in everyday life. A collection of sadhanas (practice routines) for specific stages and needs of life are given. These are: general wellbeing, women's health, children, teenagers, senior citizens, stress management and computer users. Clear instructions and illustrations, and the contra-indications for the practices are included.

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.



ISBN : 978-93-81620-92-2



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