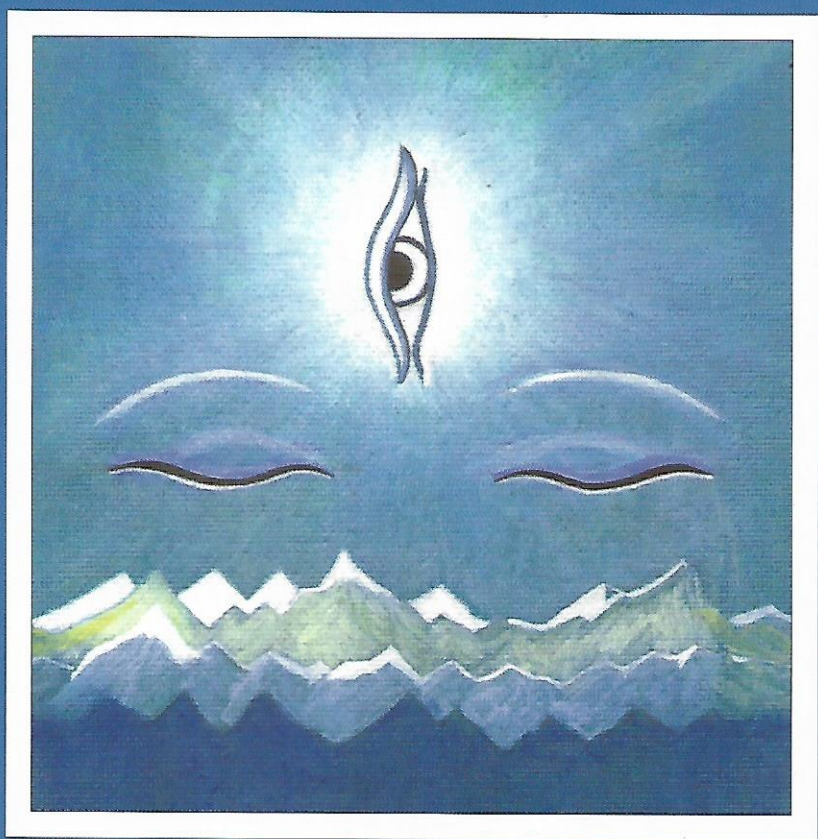


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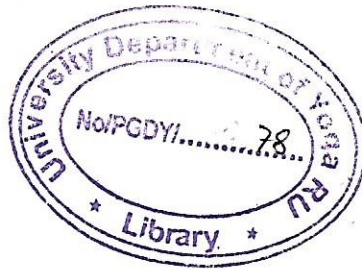
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WORLD YOGA CONVENTION 2013
GANGA DARSHAN, MUNGER, BIHAR, INDIA
23rd-27th October 2013

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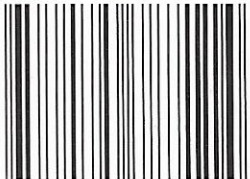
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Meditations from the Tantras is a clear and comprehensive book on meditation for beginners. The general aim is to show the possibilities open to the practitioner of meditation, the preparation that is necessary, as well as practical methods to attain meditative experiences. Featuring fundamental pratyahara (sensory withdrawal) practices such as Antar Mouna and introductions to other meditation techniques such as Satyananda Yoga Nidra,[™] ajapa japa, trataka, the kriyas and the different forms of mantra practice, this book provides an essential foundation for all advanced meditation practices.

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ISBN 978-81-85787-11-4



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