

ADVANCED YOGA  
TECHNIQUES SERIES

**MIND  
SOUND  
RESONANCE  
TECHNIQUE  
(MSRT)**

SVVP

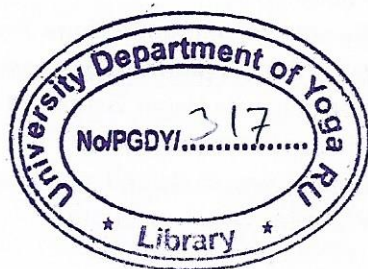


प्रज्ञानं ब्रह्म

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# MIND SOUND RESONANCE TECHNIQUE (MSRT)

Dr H R Nagendra



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## OUR BOOKS PUBLISHED

1. "Anvesana", a research booklet, Swami Vivekananda Yoga Prakashana, Bangalore
2. "A New Light for Asthmatics", Dr R Nagarathna and Dr H R Nagendra, Pub: Swami Vivekananda Yoga Prakashana, Bangalore
3. "New Perspectives in Stress Management", Dr H R Nagendra and Dr H R Nagarathna Pub:Swami Vivekananda Yoga Prakashana, Bangalore
4. "Yoga, its Basis and Applications" Dr H R Nagendra, Pub: Swami Vivekananda Yoga Prakashana, Bangalore
5. "Yoga in Education" (Kannada), Pub: Swami Vivekananda Yoga Prakashana, Bangalore.
6. "Yoga in Education", Dr H R Nagendra, Pub: Swami Vivekananda Yoga Prakashana, Bangalore.
7. "Neti Kriya", Pub: Swami Vivekananda Yoga Prakashana, Bangalore.
8. "The Art and Science of Pranayama", Dr H R Nagendra, Pub: Swami Vivekananda Yoga Prakashana, Bangalore.