

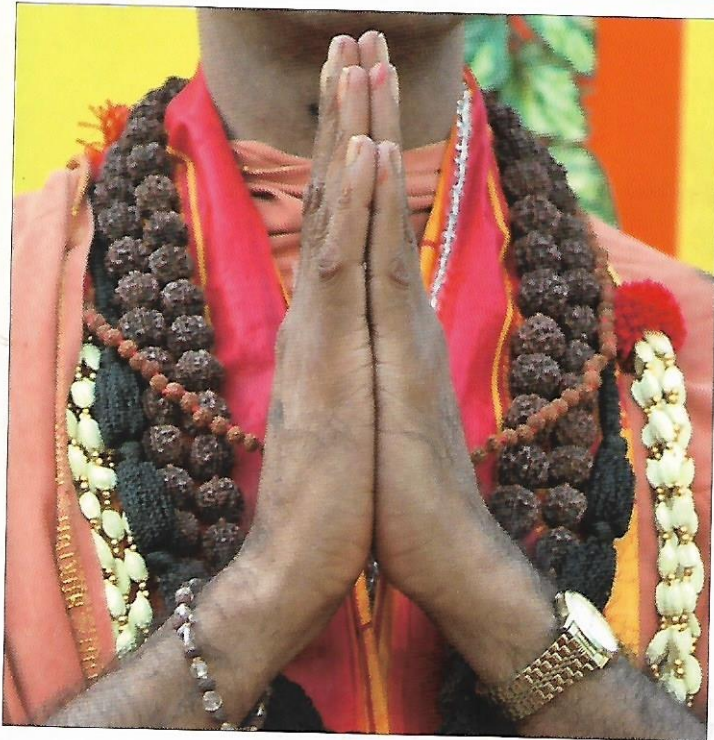
2013 Golden Jubilee edition

BIHAR YOGA

Mudra Vigyan

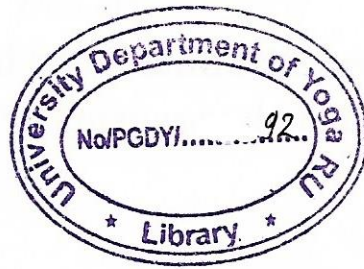
Philosophy and Practice of
Yogic Gestures

From the teachings of
Swami Satyananda Saraswati
Swami Niranjanananda Saraswati



Yoga Publications Trust, Munger, Bihar, India

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02/18



1963-2013
GOLDEN JUBILEE

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

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Mudras are a combination of subtle, physical movements or gestures that alter the mood, attitude and perception, and deepen the awareness and concentration. The techniques range from simple hand mudras to advanced yoga practices involving asana, pranayama, bandha and visualization. On a subtle level, mudras are attitudes of energy flow intended to link the individual pranic force with the universal or cosmic force, uniting the individual with the inner being.

Mudra Vigyan: Philosophy and Practice of Yogic Gestures elucidates both the philosophical and practical aspects of mudra. It explains the origins of mudra, the effects of mudra on the body, mind and pranas, and the relevance of mudras for meditation. The techniques of classical yogic mudras have been described in detail, including step-by-step instructions, precautions and contraindications. The benefits and effects of individual mudras have been presented from both a yogic perspective, and from the viewpoint of the oriental system of acupuncture. The technique and significance of therapeutic mudras, sadhana mudras and worship mudras have also been outlined.



ISBN 978-93-81620-89-2



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