



Vasudeva Kriya Yoga

Divinity in Yoga

| Rajendra Damodara
| Yenkanamoole



Swami Vivekananda Yoga Prakashana

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In recent years, yoga has gained popularity, especially in the western world, as a physical fitness routine, or even as a weight loss program. But yoga is a science, it is a holistic way of life, not a mere fitness routine. Yoga nurtures the mind, body and soul, with the ultimate aim of progressing the yogi on his or her spiritual quest.

Yoga is divine. Discovering the divinity in yoga and making our life divine is the main purpose of this book. This book is called *Vasudeva Kriya Yoga*. *Vasudeva* means the indweller in all who illumines everyone's inner and outer journey. The intention of this book is to bring out the divinity in us and lead us in the path of righteousness.

This book *Vasudeva Kriya Yoga* will reveal to all of us the inner source of cosmic energy and Prana tatva. *Vasudeva Kriya Yoga* through its exhalation techniques can recharge the body cells by the inner Prana Shakti. *Vasudeva Kriya Yoga*, because of its divine nature of mantra japa technique can generate tremendous inner energy and immense bliss and joy. *Vasudeva Kriya* make our life a celebration!

I have known Rajendra Damodara Yenkanamoole for what seems ages now! In all these years, Rajendra has come across as one of the most sincere sadhakas or practitioners of yoga using the path of Raja Yoga or the Patanjala Yoga Sutras. The depth of his practise is easily visible in the way he so easily maintains himself in posture for a long time, with ease and in relaxation.

The depth of his practise also reflects in his understanding and the same comes through clearly in his first book *Vasudeva Kriya Yoga*. Rajendra has systematically through the eight limbs of Ashtanga Yoga while dwelling on some important aspects of one's sadhana or practise. I congratulate him on his maiden attempt and am looking forward to many more books from him.

Dr H R Nagendra

Vice Chancellor, S-VYASA; President, VYASA; President, SVYP

Rajendra Damodara Yenkanamoole has master's degrees in Chemical Engineering and Business Administration from New Zealand. He has a deep interest in spirituality and yoga right from his childhood. Many masters came in to his life to give a direction to his own sadhana. He has trained thousands of yoga aspirants and has taught yoga in ashrams, villages, prisons, gurukuls, corporates and other places. He regularly take classes in India and Australia.

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