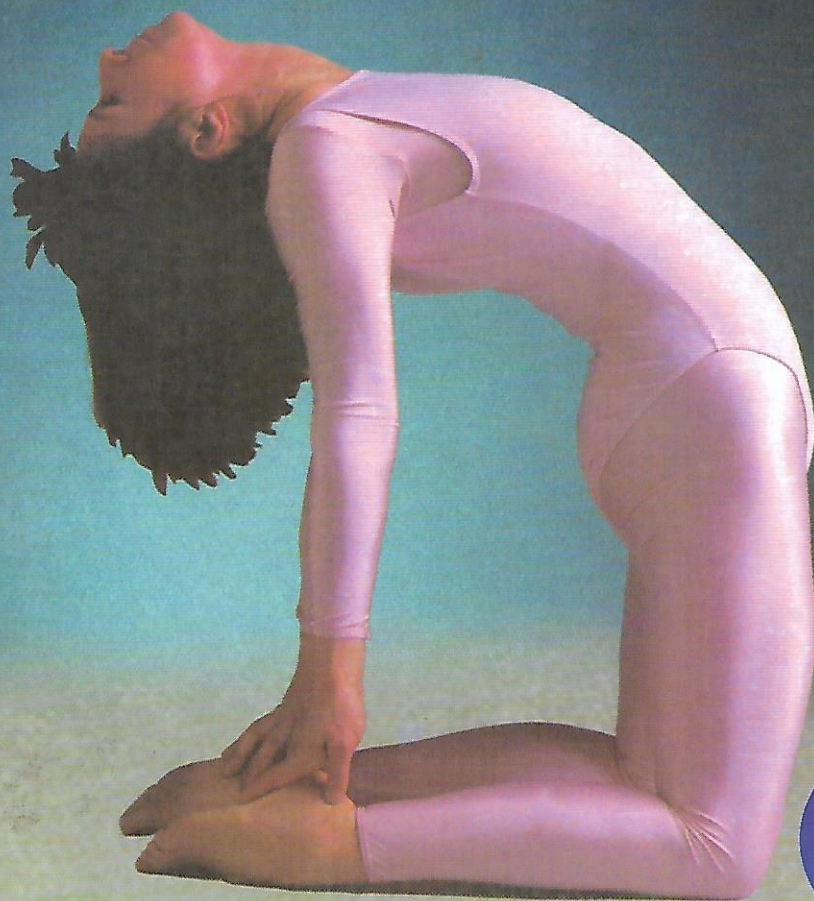


YOGA

— FOR —

COMMON AILMENTS

Dr R Nagarathna • Dr H R Nagendra

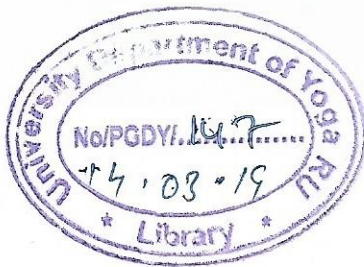


*Based on a system developed by the
Vivekananda Yoga Therapy and Research Foundation*

YOGA

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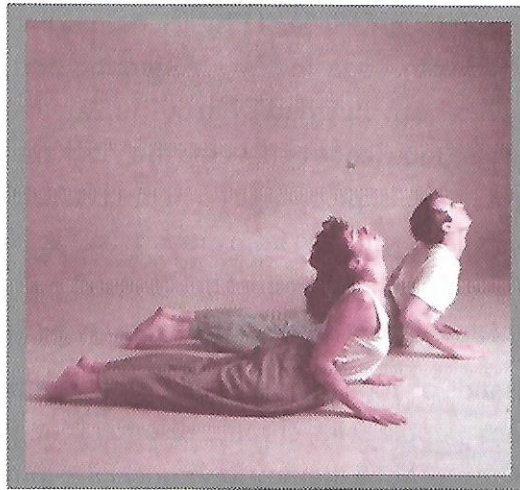
COMMON AILMENTS



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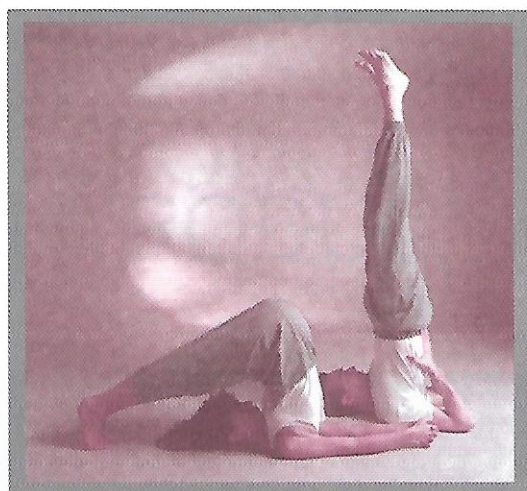
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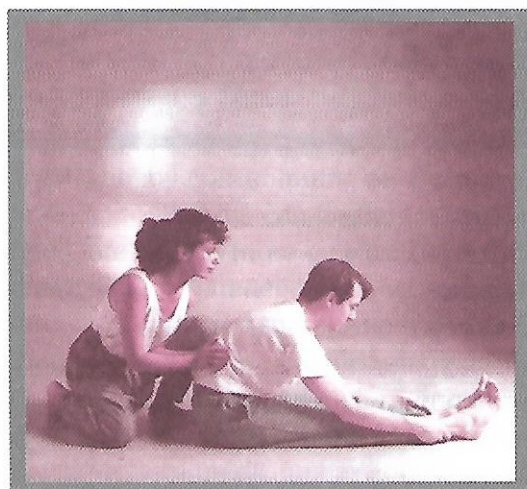
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YOGA FOR COMMON AILMENTS

AGAIA ORIGINAL

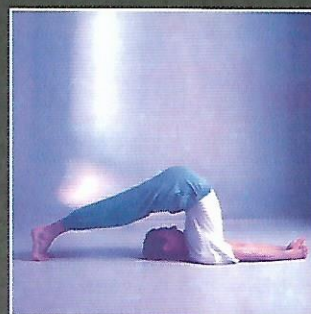
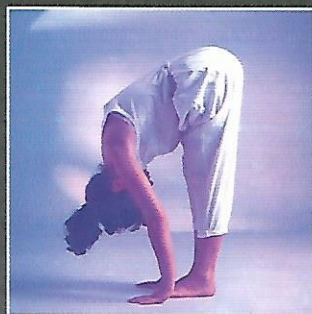
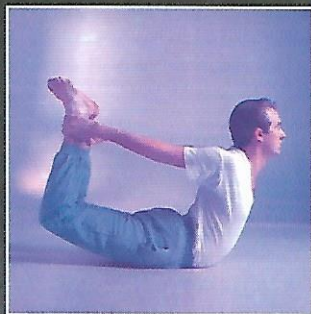
Yoga is a holistic science of wellbeing that brings healing from within.

The three-layered approach of yoga therapy – relaxing the muscles, slowing the breathing, and calming the mind - restores inner harmony and counteracts the stress that underlies many common diseases.

Yoga for Common Ailments shows you how to use yogic ideas and practices to reduce these inner tensions and heal yourself naturally.

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- Back pain
- Bronchitis
- Cancer
- Common colds and flu 1
- Depression
- Diabetes
- Fatigue
- Heart disease
- Hypertension
- Insomnia
- Obesity
- Premenstrual syndrome



The yoga therapy system used in this book was developed at the Vivekananda Yoga Therapy and Research Foundation. Dr Nagendra is the director and founder of the Foundation, and Dr Nagarathna is a consulting yoga therapist there.

Vyasa International was established to provide the necessary support and facilities to all our International activities in yoga education, yoga research, yoga therapy and yoga publications. This unit is functioning as a separate wing for coordinating the International activities abroad. The office stationed in Prashanti Kuteeram function as a central coordinating office for all international activities in Prashanti and centers across the world.

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