

YOGA

FOR

DEPRESSION

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

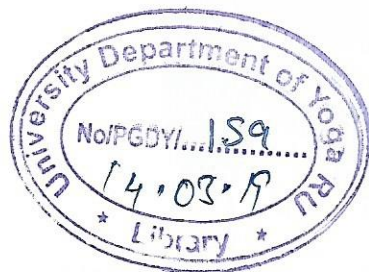
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YOGA

FOR DEPRESSION



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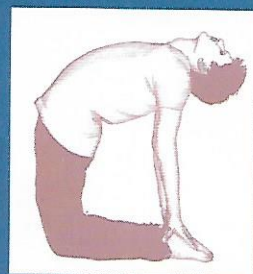
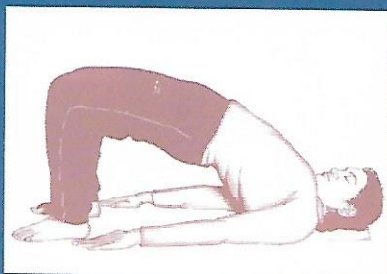
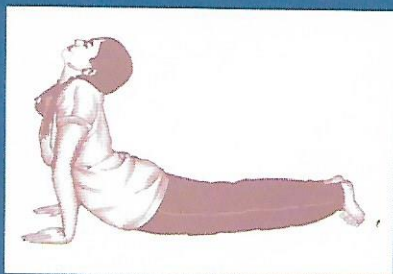
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SVYP ORIGINAL

This book is one of the series on "Integrated Approach of Yoga Therapy for modern ailment" published by Swami Vivekananda Yoga Prakashana. The authors of this book are scientists who have carried out systematic research and developed these integrated yoga therapy modules in tune with both the traditional yoga texts and the modern medical understanding of the ailments. Research by these authors since 1980 has validated the efficacy of these techniques through scientific observations published in Indexed Medical Journals.

The first part of this book gives the understanding of what, how and why of depression based on the latest knowledge in modern medicine. The second part deals with the theoretical background of yoga therapy followed by the description of the practices.

The list of practices mentioned in the content are all safe. If you have more than one illness you need to select the common practices from the list for all those illnesses (see our other volumes).



The yoga therapy system used in this book was developed at the Vivekananda Yoga Therapy and Research Foundation. Dr Nagendra is the Chancellor and the founder of the foundation and Dr Nagarathna is chief Yoga Therapy Director.

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 rashanti uteera functions as a central coordinating office for all international activities in rashanti and centers across the world.

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