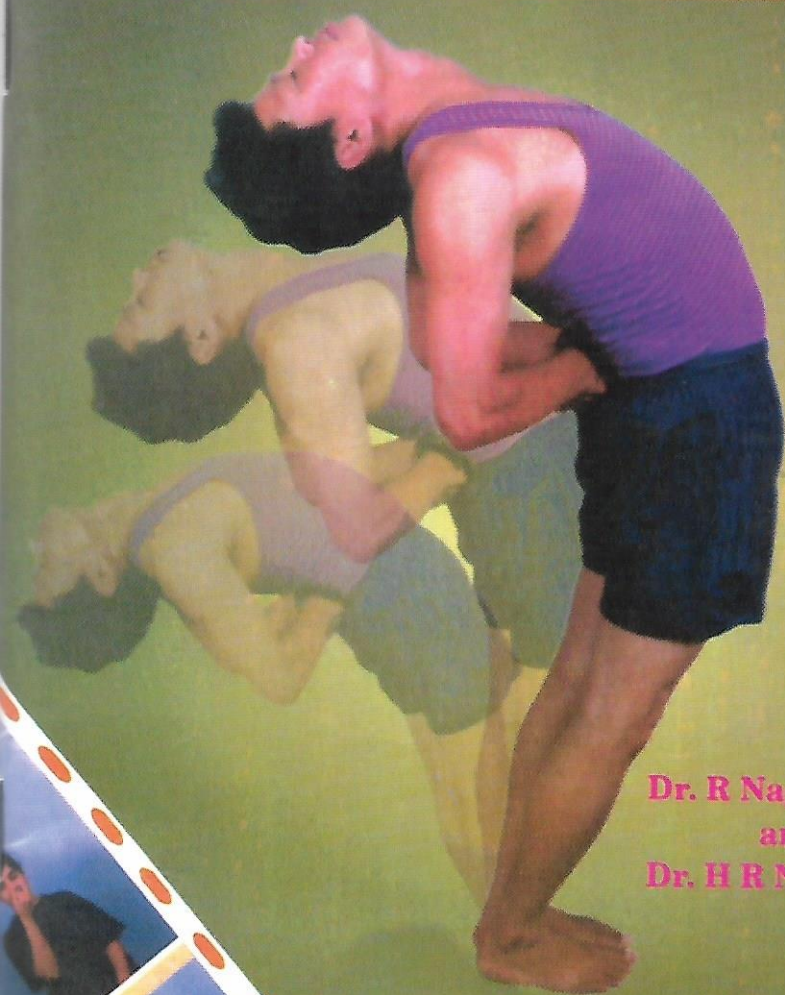


Yoga Practices for Anxiety and Depression



Dr. R Nagarathna
and
Dr. H R Nagendra



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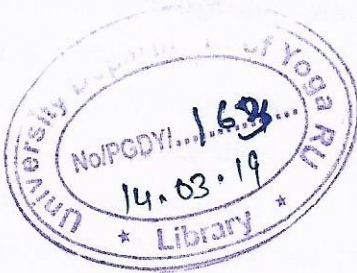
YOGA

FOR

ANXIETY AND DEPRESSION

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To be in tune with the spirit of inquiry of this age of science and technology many titles have been published on Yoga under the banner of Swami Vivekananda Yoga Research Foundation. As a part of the entire global sVYASA movement, we now have formed SwamiVivekananda Yoga Prakashana (SVYP) Trust to print and publish many more titles for dissemination and spread the wisdom of ancients. To make available the beneficial knowledge of the Seers, Rishis and Yogis our humble presentation of 'Prāṇāyāma - The Art and Science', is now made available to the people in general and Sadhakas in particular *Sarvajanahitāya* and *Sarvajana Sukhāya* to reap the fruits of it.



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