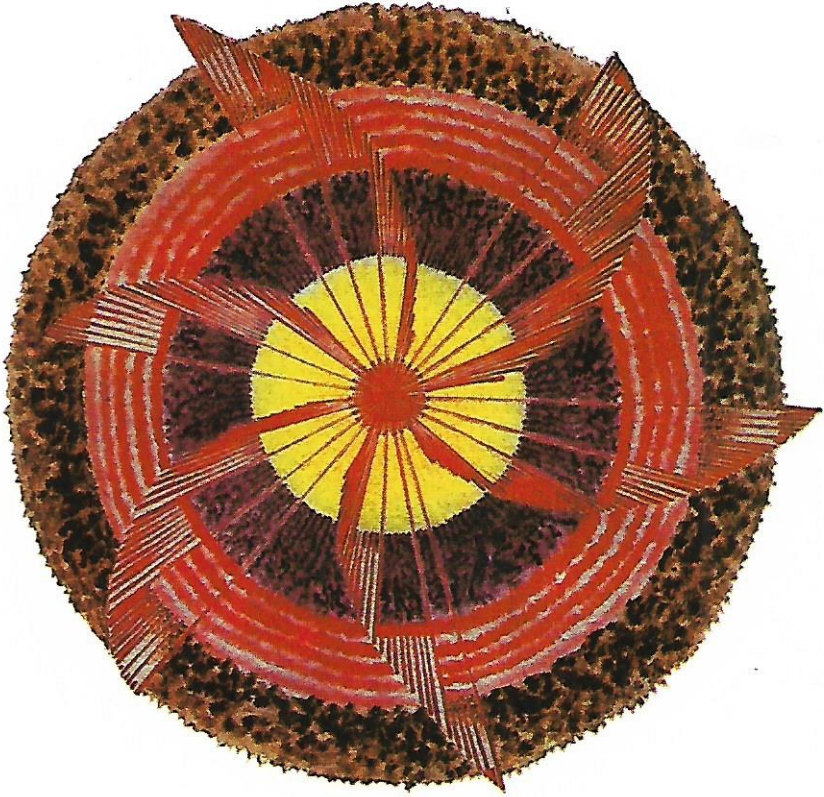


YOGA

Its basis and applications



Dr H R NAGENDRA



प्रज्ञानं ब्रह्म

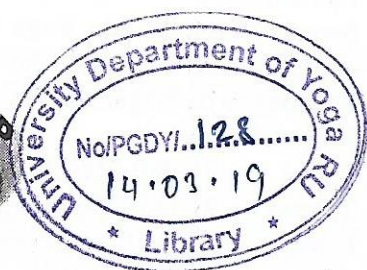
SWAMI VIVEKANANDA YOGA PRAKASHANA

BANGALORE, INDIA

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INTEGRATED APPROACH OF YOGA THERAPY



1. Annamaya Kośa : Loosening, Āsanas, Kriyas
2. Prāṇamaya Kośa : Kriyas, Breathing, Prānāyāma
3. Manomaya Kośa : Dhyana, Bhakti
4. Vijnamaya Kośa : Jnana
5. Ānandamaya Kośa : Blissful awareness

Yoga is a term which has its root Yuj in Sanskrit, which means to join. It has multiple meanings, interpretations and connotations depending upon the context of usage. According to the great sage Patanjali, Yoga is a conscious process of gaining control over the mind which is a two fold procedure. First is to gain a capacity to focus and concentrate. Secondly learning effectively the calming down of the mind. By this mastery, man elevates himself consciously from the animal level to a normal man, a superman and ultimately reaches divinity itself. This brings an all round personality development : Physical, mental, intellectual, emotions and spiritual. Yoga is not mere yogasana, pranayama or acrobatics but is a way of life. This concept of Yoga is brought out in this book. 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 Vivekananda Kendra Yoga Research Foundation. As a part of the entire Vivekananda Kendra movement, we have now formed the Swami Vivekananda Yoga Prakashana (SVYP) Trust to print and publish many more titles to disseminate and spread the wisdom of ancients.



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