



Balanced Yoga: The Twelve-Week Programme

By Svami Purna

Motilal Banarsidass Publishers Pvt. Ltd., New Delhi, India, 2012. Softcover. Book Condition: New. Second Reprint. Yoga is practised in many different ways, each of which, however, has the same aim-the harmony and integration of the practitioner's whole being. As the body is often considered to be the best starting-point, this practical guide concentrates on Hatha yoga, the yoga of physical exercise. Balanced yoga, as its title suggests, embraces a wide range of disciplines. Divided into a twelve week programme, each of the lessons revolves around a guiding through or principle which is manifested by related exercises or postures. Breathing and relaxation techniques, dietary advice, and aids to concentration and meditation are also included. Designed as a safe and practical guide for men and women, Balanced Yoga provides a simple but complete system of physical, mental and emotional maintenance.Printed Pages: 144.



Reviews

A fresh e book with an all new viewpoint. It can be rally exciting through studying period of time. You will like the way the writer write this publication.

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An extremely wonderful pdf with perfect and lucid information. Better then never, though i am quite late in start reading this one. I realized this publication from my dad and i recommended this publication to understand.

-- Clinton Johns DDS

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