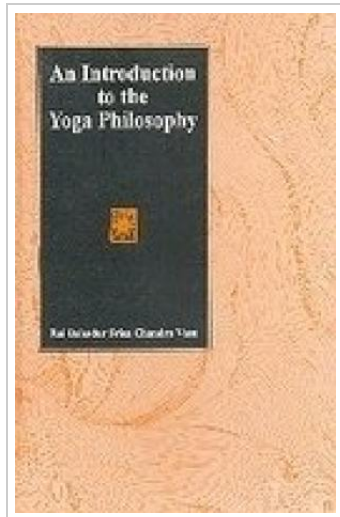




An Introduction to the Yoga Philosophy

By Rai Bahadur Srisa Chandra Vasu

Munshiram Manoharlal Publishers Pvt. Ltd., New Delhi, India, 2004. Cloth. Book Condition: New. Dust Jacket Condition: New. Second Edition. Rai Bahadur Srisa Chandra Vasu's An Introduction to the Yoga Philosophy is an adumbration of the basic principles underlying this system. It gives a scientific exposition of the Yogic practices and the principles and underlying philosophy of the system, apart from explaining the rather abstruse terms in modern parlance. The book has twelve chapters, of which the first five deal respectively with the importance of Yoga and preliminary remarks, definitions, qualifications and methods and theoretical and practical features of mental training. The remaining seven chapters, deal with the practical part of Yoga, viz., Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi. At the end are given two Appendices giving respectively a brief sketch of Vedanta and Yoga and an account of Sadhu Haridas a saint who could enter into a state resembling death and could be resuscitated again. Full of information and written in a lucid style, the book is indispensable for the students of Yoga. Printed Pages: 80. Size: 16.5 Cms x 25 Cms.

DOWNLOAD



READ ONLINE

[6.81 MB]

Reviews

It is straightforward in read through safer to recognize. It really is full of knowledge and wisdom I am just easily could get a satisfaction of reading a created pdf.

-- **Mr. Sigrid Swaniawski PhD**

This pdf is indeed gripping and exciting. it was writtern quite completely and valuable. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Kurtis Parisian**

Other Kindle Books



Eat Your Green Beans, Now! Second Edition: Full-Color Illustrations. Adorable Rhyming Book for Ages 5-8. Bedtime Story for Boys and Girls.

Createspace, United States, 2015. Paperback. Book Condition: New. Donnalee Grimsley (illustrator). 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Edition #2. Now available with full-color illustrations! JoJo is an active and happy 4-year old boy. 4-year...



Six Steps to Inclusive Preschool Curriculum: A UDL-Based Framework for Children's School Success

Brookes Publishing Co. Paperback. Book Condition: new. BRAND NEW, Six Steps to Inclusive Preschool Curriculum: A UDL-Based Framework for Children's School Success, Eva M. Horn, Susan B. Palmer, Gretchen D. Butera, Joan A. Lieber, How can inclusive early educators plan and deliver...



Edge] the collection stacks of children's literature: Chunhyang Qiuyun 1.2 --- Children's Literature 2004(Chinese Edition)

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date: 2005 Pages: 815 Publisher: the Chinese teenager Shop Books all book. the genuine special part of the spot...



My Friend Has Down's Syndrome

Barron's Educational Series Inc., U.S. Paperback. Book Condition: new. BRAND NEW, My Friend Has Down's Syndrome, Jennifer Moore-Mallinos, Younger children are normally puzzled when they encounter other kids who suffer from Down's Syndrome. Here is a heartwarming and reassuring story of how an...



Stories of Addy and Anna: Second Edition

Mohd Shahrin Bin Daud, United States, 2015. Paperback. Book Condition: New. Siti Haziqah Samsul (illustrator). 244 x 170 mm. Language: English . Brand New Book ***** Print on Demand *****.Delightful, Colorful and Fun Learning Book for Age 3-5 Parents and teachers, this...



Very Short Stories for Children: A Child's Book of Stories for Kids

Paperback. Book Condition: New. This item is printed on demand. Item doesn't include CD/DVD.