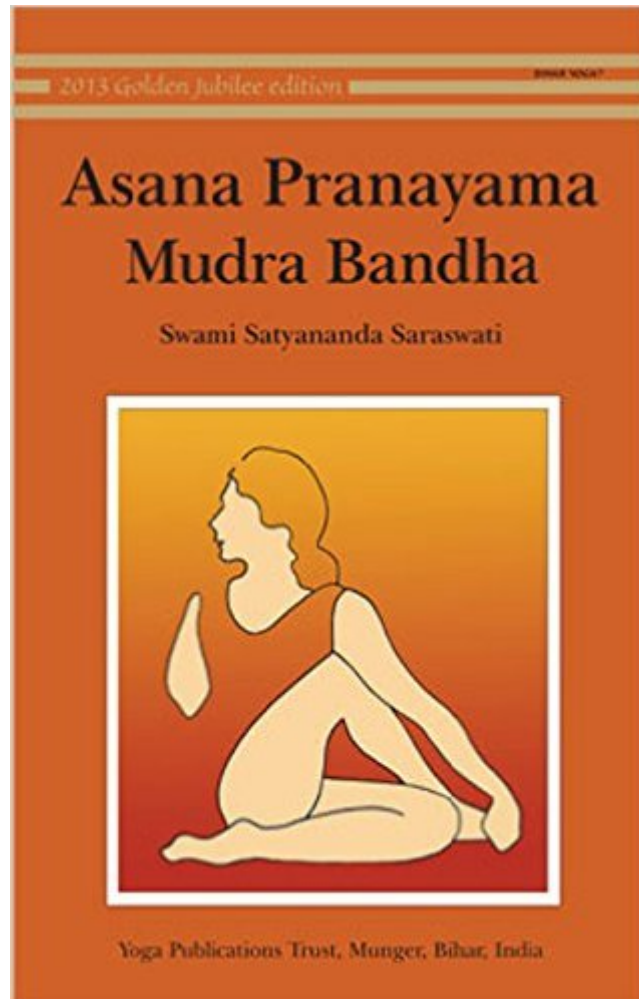


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# Asana Pranayama Mudra Bandha/2008 Fourth Revised Edition



## Synopsis

Asana Prana Yama Mudra Bandha is recognised internationally as one of the most systematic yoga manuals today. Since its first publication by the Bihar School of Yoga in 1969 it has been reprinted seventeen times and translated into many languages. It is the main reference text used by Yoga teachers and students of Bihar Yoga/Satyananda Yoga within the International Yoga Movement, and many other traditions as well. This comprehensive text provides clear illustrations, step by step directions and details of chakra awareness. It guides the practitioner or teacher from the simplest to the most advanced practices of hatha yoga system. A therapeutic index is provided for use by doctors and yoga therapists incorporating recent information from research into yoga. This edition successfully brings the exposition of yoga practices to the standard of a university text. This latest Fourth Revised Edition has been revised and updated under the direction of Swami Niranjananda Saraswati, the successor of Swami Satyananda Saraswati. Since publication of the first edition, interest in yoga has spread widely. Now the book is used in ashrams, centres and yoga schools in many countries as the standard textbook for teachers and students alike. The techniques presented have been assimilated by fields as diverse as medicine, education, entertainment, business, sports and the training of spiritual aspirants.

## Book Information

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## Customer Reviews

There are innumerable books on yoga to be found; some emphasising the practical aspects with postures (asana), complete with colour photos - and some impossibly esoteric, meant for the select few with mystical leanings. This book combines a comprehensive overview of asana; while at the same time giving clear explanations of the deeper aspects of yoga, including breathing

(pranayama), body attitudes (mudra), energy locks (bandha), energy centres (cakra), and yogic cleansing (hatha yoga). The roots of yoga are in the ancient vedic and tantric texts; many of which have remained inaccessible to western readers until the last century. Much of the teachings were kept secret; firstly, because they had been banned by a Hindu priesthood that felt threatened by anarchic schools of self-liberation; and secondly, for fear that the powerful techniques could be misused by misguided opportunists. Swami Satyananda Saraswati was one of the renegades who shocked the yogic establishment by not only translating the texts and teaching the techniques to western students; but then went on to publish an entire series of books, clarifying and promoting yoga in an unprecedented way. Satyananda's other significant move was to bring yoga into the domain of medical science, and explain esoteric techniques in terms of western anatomy and physiology. He started the Bihar Yoga Bharati, which offers undergraduate and postgraduate studies in subjects like Yoga Psychology and Applied Yoga Science; and initiated the Yoga Research Foundation which studies the medical effects of yoga. Asana Pranayama Mudra Bandha (APMB) is a required text for any serious yoga aspirant.

This book is truly a timeless classic. I have been practicing yoga for almost six years, 1 to 4 times a day. I have many good books and DVDs on yoga. However, this book is THE most comprehensive. I had joined a yoga studio for several months when I first began in January of 2003. The teacher taught the yoga using blocks, chair, belt and the wall. It was a good start and I attended for 4 months, two to three times a week. Whatever I learned I practiced at home, sometimes twice or more a day. Even after I discontinued class, I kept up my practice several times a day. I derived tremendous benefits from the practice. I was healed of several serious ailments, known and unknown. I had been using the standard yoga books, such as "Light on Yoga" by BKS Iyengar, "30 Essential Yoga Poses" by Lasater, and many many others. Not to mention many DVDs by various people of repute. I found that despite my dedicated and persistent efforts I was not making headway in my ability to acquire the more advanced asanas. It seemed that there were groups of muscles in my body that would not open no matter how earnestly I applied myself. Then I came across this book. Specifically the first three chapters. The asanas in the first three chapters constitute the Pawanmuktasana series. I have practiced them for a week, twice a day. My body and mind seemed to have ascended into another realm. These seemingly simple asanas have a PROFOUND effect on one's being. I am at a complete loss to describe their wonderful and deep benefits. Practice of this series has done more for me in the last week than all the numerous benefits I derived through my practice over the last nearly 6 years.

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