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Go to search Go to the main content of Asana Pranayama Sdra and Bandha books written by Swami Satyananda Saraswati Esotery General Sort by: Most Helpful Most Stars Least Stars The latest bright message practically available This standard work enjoys international recognition. MUST HAVE for every yoga teacher and/or teacher! Translated into multiple languages. You will find a clear description (with illustration) of a very wide number of positions, breathing techniques, muddy and bandha. The book also gives a clear classification by nature (lying, sitting...) by level (beginners, semi-advanced, advanced) and by effect (anti-rheumatic, digestive,...) 544 pages. Available Clear message Practically applicable Full reference/ manual for anyone who wants to dive deep into yoga -asana is (posture)-pranayama (breathing exercises) -mudras (hand/finger holding) and bandha (posture). A clear explanation, clear images. Content very well organized book! A real work tool!! Too bad the relationship's already loosened. I already put too many tags on it to send back. The reference book, which I really use as a working tool, should have much better binding. Now the pages are already starting to loose. Accessible Practical completed This book very well describes aspects of the technique of various asanas and breathing techniques, must have for yoga teachers or yoga practitioners, there are also clear illustrations, and the description and images go hand in hand. I have never come across a page where I had no idea what they are talking about now. Now, what you have to understand is that this book is not a novel, so it's dry. But it also keeps you focused on the relevant, experience you feel practicing the book. Accessible Practical Complete I am very pleased with this book. Wat ik vooral goed vind: Toegankelijk, Praktisch, Compleet {pdptaxonomyObj:[{pageInfo:{pageType:PDP,language:nl,website:bol.com},userInfo:{}},productInfo:[{productId:1001004008661188,ean:9788186336144,title:Asana, Pranayama, Mudra and Bandha,price:30.00,categoryTreeList:[{tree:[{Boeken,Sport \u0026 Outdoor,Fitness \u0026 Conditie}]}],brick:10000926,chunk:80007266,publisher:Yogi Publications Trust,author:Swami Satyananda Saraswati,averageReviewRating:4.5,seriesList:[]},sellerName:CinM,uniqueProductAttribute:BINDING-Paperback]}]} {pdpanalyticsObj:[{pageInfo:{pageType:PDP,country:NL,shoppingChannelContextTypeAndDeviceType:www.bol.com.DESKTOP,canonicalUrl:,product:{productId:1001004008661188,title:Asana, Pranayama, Mudra and Bandha,category:Boeken/Sport \u0026 Outdoor/Fitness \u0026 Asana Prana Yama Mudra Bandha has been recognized internationally as one of the most neighboring yoga manuals available today. Since its first publication of the Bihar yoga school 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 as part of the International Yoga Movement, as well as many other traditions. This extensive text provides clear illustrations, step-by-step instructions and details of chakra awareness. It takes the reader from the simplest to the most advanced practices of the hatha yoga system. The therapeutic index is provided for use by doctors and yoga therapists that include recent information from yoga research. This edition successfully brings the presentation of yoga practice to the standard of university text. This latest fourth edition has been revised and updated under the direction of Swami Nirjanananda Saraswati, successor to Swami Satyananda Saraswati. Since the first edition was published, interest in yoga has widened. Now this book is used internationally in schools of asparagus and yoga as a standard textbook for teachers and students. Techniques presented in Asana Pranayama Mudra Bandha are assimilated in areas such as medicine, education, entertainment, business, sports and spiritual training. About the author Swami Satyananda Saraswati (1923 – 2009), was sanniyasin, a yoga teacher and guru in his native India and in the West. He was a student of Sivananda

Saraswati, founder of the Society of Divine Life, and founded his own International Yoga Scholarship in 1956 and the Bihar School of Yoga in 1964. He wrote over 80 books, including Asana Pranayama Mudra Bandha, Kundalini Tantra and Taming the Kundalini. Product Details Publisher: Yoga Publications Trust Copyright: 1996, Current Press 2002 ISBN: 81-86336-14-1 Paperback 553 pages, photos and subtitles 5.5 x 8.5 Swami Satyananda Saraswati This comprehensive text provides a clear illustration. Step by step and the details of chakrawareness. He leads a faction or teacher from the simplest to the most advanced practices of the health care system of yoga. The therapeutic index is included for use by a doctor and yoga therapist that includes resent inspiration from research yoga. This edition successfully brings exposure to yoga practiced according to the standard of university text. Volledige beschrijving Schrijf een review: Mooi boek? Deel het met Vrienden! Twitter LinkedIn Pinterest Asana Pranayama Mudra Bandha is internationally recognized as one of the most neighboring yoga manuals available today. Since its first publication of the Bihar yoga school in 1969, it has been reprinted thirteen times and translated into many languages. It is the main reference text used by yoga teachers and bihar yoga /Satyananda Yoga students as part of the International Movement for Yoga Scholarships, as well as many other traditions. This comprehensive text provides clear illustrations, step-by-step instructions and details of chakra awareness. He leads practitioners or teachers from the simplest to the most advanced practices of the hatha yoga system. The therapeutic index is included for use by a doctor and yoga therapist that includes resent inspiration from research yoga. This edition successfully brings exposure to yoga practiced according to the standard of university text.

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