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Yoga, Tantra and Meditation in Daily Life (Paperback)

By Swami Janakananda Saraswati

Bindu Publishers, Sweden, 2015. Paperback. Book Condition: New. EU/UK ed. 252 x 212 mm. Language: N/A. Brand New Book. This yoga book, firmly rooted in the tradition, is a modern classic. It is first and foremost a practical guide to the whole system of yoga. The clear step-by-step instructions, richly illustrated, make it easy for the beginner to learn the yoga poses, breathing exercises, relaxation and meditation. For the experienced, the book contains in-depth sections that include both practice and theory. It even elucidates the tantric tradition, kundalini yoga, the chakras and the sexual rituals. Use it as a self-study course and for inspiration in your everyday life. ----- This book differs from most other books on yoga, it has its fundament in the tantric tradition, that is, the author's intention and interest is to offer you a way to achieve tangible results, rather than to present philosophical explanations, create dreams and ideals or follow the fleeting fashions in the yoga of today. The goal is to make it possible for you to create a strong and supple body and a free and creative mind, and to find peace within yourself. If you really want something out of yoga, it...



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