



## Yoga Yajnavalkya

By A G Mohan, Ganesh Mohan

Svastha Yoga, United States, 2013. Paperback. Book Condition: New. 228 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The Yoga Yajnavalkya was considered by the great yogi Sri T. Krishnamacharya to be the most important and authentic classical text on yoga after the Yogasutras of Patanjali. Many other yoga texts, including the Hatha Yoga Pradipika and Gheranda Samhita have borrowed verses from this text. The Yoga Yajnavalkya takes the form of a conversation between the sage Yajnavalkya and his wife Gargi. The book is a well-structured presentation, following the eight limbs of yoga. An important feature of this text is the in-depth discussion of the kundalini and sound pranayama practices.



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