



Guidelines for Yogic Practices

By M.L. Gharote

Lonavla, 2013. NA.. Book Condition: New. Third Edition. 23 cms. 108pp. The Guidelines for Yogic Practices is in the form of a yarn made out of the cotton balls. Our yogic savants have left us a legacy of Yogashastra based on their experiments making a man psycho-physiologically balanced by influencing the internal secretions, toning up the musculature and attaining mental poise. This system is better and more effective than any other in vogue today. With the most practical outlook swami Kuvalayanandji dexterously gave the old yogic practices a new dimension by providing scientific explanation and bringing the practices within the reach of common man. We have continued the thread of his yogic tradition in the book. The important stages of the practices have been illustrated to give their semi-slow motion continuity. The basic information, provided in the book, gives every man capability of reaching the acme of psycho-physical fitness required in modern times. The book forms a thread that may be termed as ?applied science? of the old and the new based on ?yogic practices?.



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Reviews

Complete guideline! Its this type of great read through. it absolutely was writtern quite perfectly and helpful. I am very happy to explain how this is basically the best book i actually have read through during my personal life and can be he very best book for at any time.

-- **Joshua Gerhold PhD**

A very awesome book with perfect and lucid reasons. It really is basic but shocks within the 50 percent of the book. Its been designed in an exceptionally easy way and is particularly merely right after i finished reading this ebook where in fact changed me, change the way i think.

-- **Meagan Roob**