



Steps to Yoga & Yoga Initiation Papers

By Swami Satyananda Saraswati

Yoga Publications Trust (Bihar School of Yoga), Munger, India. Paperback. Book Condition: New. Steps to Yoga is a collection of letters and instructions from Swami Satyananda Saraswati to two devoted disciples over the years 1956 to 1960. Although the information and advice given is individual, at the same time it resonates with a universal truth applicable to all aspirants on the path of yoga sadhana. This book offers a unique insight into the relationship between guru and disciple. Contents Introduction 1. Letters to Vishwaprem 2. Letters to Satyabrat 3. Yoga Initiation Papers : i. Paper One ii. Paper Two iii. Paper Three iv. Paper Four. Printed Pages: 168. Size: 14 Cms x 22 Cms.



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