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All yoga techniques culminate in meditation, the experience of unity with one's self. In 1969, Swami Vishnudevananda laid the cornerstone for the systematic spread of yoga by conducting the first Yoga Teachers' Training Course (TTC) in the West. What began as a vision has brought forth 43,000 teachers - with another thousand added each year.

Swami Vishnu-devananda :: Sivananda Yoga

The need for meditation thus is more acute. Meditation calms the mind, brings focus and enhances the senses, resulting in a better quality of life and work. And with the right mantras, meditation becomes a highly effective tool in unleashing the immense potential within oneself.

Meditation and Mantras eBook: Vishnu Devananda: Amazon.in ...

Swami Vishnu-devananda recites one of the main teachings by Swami Sivananda - the words: "Serve, Love, Give, Purify, Meditate, Realize". More videos on yoga, meditation, mantras, with yoga classes ...

Serve, Love, Give, Purify, Meditate, Realize ~ Swami Vishnu-devananda

Vishnudevananda Saraswati (31 December 1927 - 9 November 1993) was a disciple of Sivananda Saraswati, and founder of the International Sivananda Yoga Vedanta Centres and Ashrams. He established the Sivananda Yoga Teachers' Training Course, one of the first yoga teacher training programs in the West.

Vishnudevananda Saraswati - Wikipedia

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In addition to being a tireless worker for world peace and a renowned authority on Hatha and Raja Yoga, Swami Vishnudevananda is well known for his books The Complete Illustrated Book of Yoga and Meditation and Mantras. He also authored a commentary on The Hatha Yoga Pradipika and is the inspiration behind The Sivananda Book of Yoga.

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