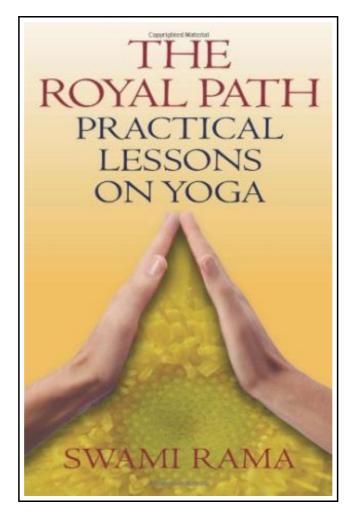
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Reviews

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The Himalayan Institute Press, 1998. Softcover. Book Condition: New. First edition. 14 x 22 cm. Swami Rama was the first Himalayan yogi to demonstrate to the Western scientific community the astonishing level of self-mastery achieved by Indian adepts. In The Royal Path he introduces us to the ancient yogic techniques as they`re actually practiced by those who attain the highest goal of life. In this step-by-step program, Swami Rama outlines the basic physical exercises, mental disciplines, and ethical commitments of Raja Yoga, the "Royal Path" to self-transformation and enlightenment. The Royal Path is an enduring classic, one of the clearest and most inspiring introductions to yoga science available in English. Whether our goal is improved health, emotional balance, enhanced creativity, or spiritual exploration, the practices Swami Rama describes here hold the key. This book wan originally published under the title Lectures on Yoga. CONTENTS: Preface 1. What is Yoga? 2. Yama and Niyama 3. Asanas and their Therapeutic Value 4. Pranayama 5. A Few Glimpses of Concentration 6. Mind and its Analysis 7 What is Meditation? 8. Samadhi Recommendations for Further Study Printed Pages: 152.

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