



Dynamics of Yoga. The Foundations of Bihar Yoga

By Swami Satyananda Saraswati

Yoga Publications Trust (Bihar School of Yoga), Munger, India, 2002. Paperback. Book Condition: New. Dust Jacket Condition: New. Second Edition. Dynamics of Yoga outlines the original yogic concepts and practices which form the foundation of Bihar School Yoga. Ideal as an introduction to Bihar Yoga, these early teachings of Swami Satyananda Saraswati aim to give the reader a deeper understanding of yoga and its practical application in daily life. The core practices of yoga and meditation are highlighted, with emphasis on mind management and the development of awareness. The book remains a timeless work on the art and science of yoga as seen through the eyes of a master. Printed Pages: 175. Size: 14 Cms x 22 Cms.

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