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The Yoga Philosophy: Traditions and Reflections

By Dr Subash Chandra Dash & Dr (Mrs) Shantipriya Devi

Pratibha Prakashan, New Delhi, India, 2011. Hardcover. Book Condition: New. The present study is a kind of analysis incorporating both the traditional and modern approaches of the traditional and modern approaches of the practice of Yoga. Here, the subjects are chosen with an intension in order to bring out the analytical aspects of Yoga. The Yoga is called science, because it is experimented in the laboratory of human being, in whom both body and mind form a strong unit. The philosophers and practitioners of Yoga developed this theory and practice of Self discipline, which is very much required to remove physical and mental illness completely if practiced daily as per the instructions of the guru. The difficult problems of terrorism of today can also be eradicated by the practice of Yoga. 216pp.



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