



True Path to Common People's Breathing, Postures, Relaxation and Concentration

By Surendrananda

AUTHORHOUSE, United States, 2011. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. True Path to Common People's Breathing, Postures, Relaxation and Concentration is a book about the Science of Yoga. We have quite a number of books about Yoga and Spirituality. His is one born from his inner self-discovery; that is why there is the urge, with all humility, non-assertion or didacticism, to share his experience to others. The book expounds for our hectic world with all its distress and woes the healing balm of proper breathing, relaxation and other benefits as the little suggests. Our mind, body and soul complex can then be better refreshed and re-energised. The book is a useful guide for the proper and true maintenance of mental and physical health. The approach is both practical and positive. Ours is a face-paced one with people leading a hectic life. For all our technological so-called progress, what do we see around us? A world of distressed and woes! This book has much to offer in a therapeutic way the path to a lesser degree from our anxiety and emotional disorders. With the proper yogic techniques advocated...



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