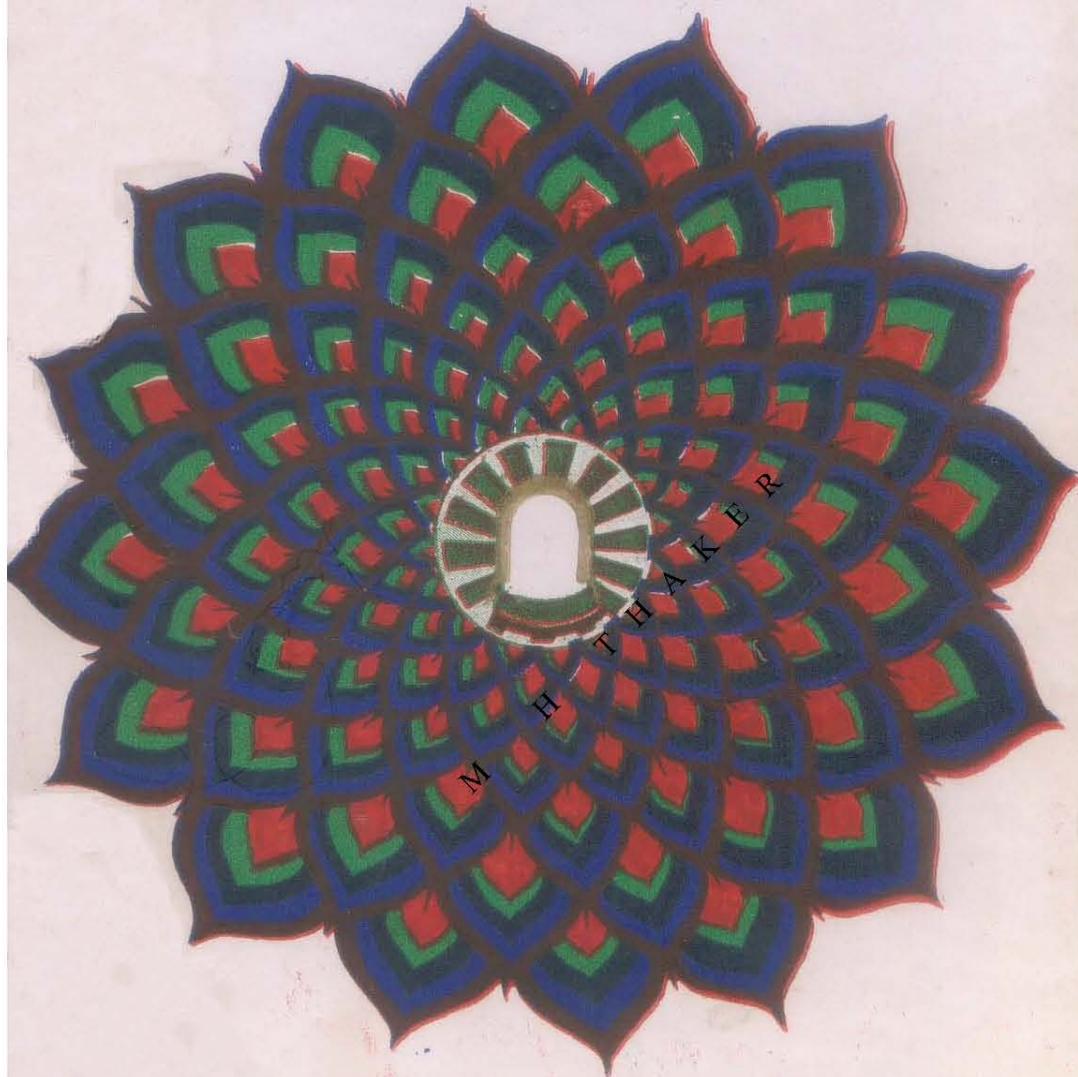


YOGA



MAHENDRA THAKER

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M H T H A K E R

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PREFACE

The compilation is outcome of Mahendra Thaker's 9 months international teacher's training course conducted by Bihar School of Yoga Monghyr in 1967- 1968 by Swami Satyananda Saraswati. And there after tour of Europe and America till 1969

It is hoped that this skeleton book on this vast subject of Yoga which should integrate and stimulate life, would be found useful to aspiring students of Yoga.

This small booklet covers all aspect of yoga in nutshell.

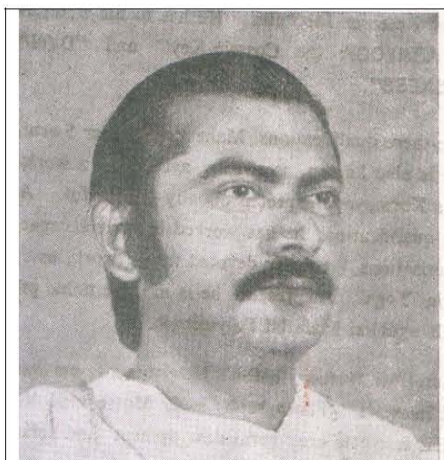
Diagrams are not good but intentionally kept in memory of late Principal R.A.Raut of vartak polytechnic Vasai, Mumbai. Who has drawn all diagrams. Specially given me time with lot of love and devotion, 20 years before from now (December 2011). I could have put nice digital pictures but this serve purpose, so pl accept it.

All technique shown are tried by masses and got very effective results in India and Abroad. So its tried and tested and can be duplicated.

Specially Meditation part where technique of Bilateral breathing (Sushumna) is given which is worth trying gradually to reap beneficial result to over come present day stress , and stress induced diseases.

For higher and finer attainments, the student is strongly advised to approach advanced books on the subject, and preferably take guidance of a competent teacher.

M H T H A K E R



LIFE SKETCH

Shri Mahendra Thaker was born in Ahmedabad on 25th March, 1944. At the age of 12, in answer to a divine call from within, he started his journey in search of Truth. This urge brought into his life various Yoga masters and led to his contact with renowned teachers like Swami Sivananda, Swami Satyananda, Swami Poornananda, a few Himalaya Sages and Motabhai. These associations inspired his appetite to know deeply the occult sciences.

It was in 1962 that he started studying Yoga seriously as a science. In 1967 he joined a nine months course for International Yoga Teacher's Training under the auspices of Paramahansa Shri Satyananda. This study and his dedicated years to Yoga training qualifies him as an expert teacher in various Yoga fields. He has also been initiated in the Highest Kriya Yoga by Paramahansa Shri Satyananda.

In 1968-69 he set out to take his knowledge to Europe and U.S.A. where he met with outstanding success. His visit stimulated much response towards our ancient science in France, Holland, Switzerland and New York. He conducted classes, started Ashrams and delivered lectures on meditation at various colleges, Churches, Hospitals and Research Institutes. He has to his credit two Brilliant Books "SWARAYOGA the Cosmic Key" and "DYNAMISM OF CONSCIOUSNESS".

Despite these qualifications, Mahendrabhai, or Swami Madhavananda as he is also known, is not an ascetic or a world-renounced Sadhu. His Karmayoga aspect is equally colorful. An Electrical Engineer by qualification, he has worked in such a capacity in many leading organizations, equally devoted to his work, as he is to the spirituality in Yoga. At present he is in the noble profession of teaching at Bhagubhai Mafatlal Polytechnic.

Mahendrabhai further enfolds his versatile personality in his hobbies and interests. Photography, multimedia and Videography, are his hobbies. His interests are rural development and solar energy to which he devotes his leisure.

A simple man with a definite and clear vision, he pursues anything he takes up with the zeal of worshipper, getting both satisfaction and pleasure. He says humbly that -he is doing whatever he can for the upliftment of humanity and he is helped in his goal by his brilliant organizing power constructive application.

M H T H A K E R