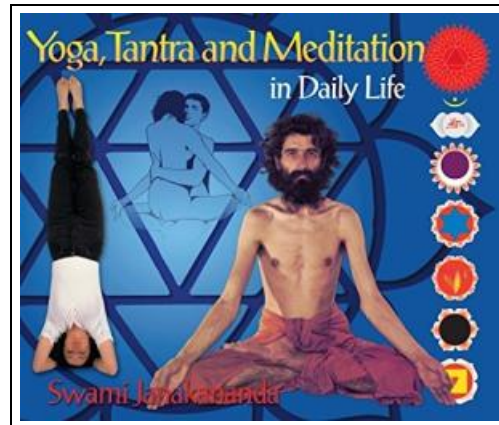


## Yoga, Tantra and Meditation in Daily Life



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Greenleaf Book Group Llc. Paperback. Condition: New. 128 pages. Yoga, Tantra and Meditation in Daily Life has an important place on the bookshelves and the yoga mats of practitioners all over the world. Published in many languages, several editions of the book have been reprinted again and again. This is the latest, extended edition. Generations of yoga teachers and modern Tantrics have been inspired by the clarity and comprehensiveness of the book; while newcomers to these methods find, in its lucid, direct style, an open door to the practice of authentic yoga. I love this book! It has a highly serious and traditional, yet pure, honest, light and heart-full approach to yoga. -Siri Kalla, Goodreads Swami Janakananda introduces a yoga as it has been tried and tested through the ages, at the same time making it practical and accessible to the people of today. He presents yoga for healing, stress management, concentration and creativity - and above all, provides us with the possibility to get to know ourselves spiritually. If you want to get something out of yoga, it is not enough to exercise in a mechanical or hectic way, as a performance sport or fitness training. Importantly, in this book, you will learn how to apply yoga in the way it was evolved by the yogis. Yoga, Tantra and Meditation in Daily Life shows the poses of yoga as restorative and de-stressing, through which you can stimulate the body and get the necessary energy to meet your daily activities with peace and wellbeing. And it goes deeper; Swami Janakananda reveals fundamental aspects of yogic breathing exercises and tantric meditations, clarifying what it means to work with yourself. Swami Janakananda doesn't hide the problems; on the contrary, he illuminates them and shows us how to deal with them With this...



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