

Essence of Maharishi Patanjali's Ashtang Yoga

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Reviews

Merely no words to spell out. I am quite late in start reading this one, but better then never. I am happy to explain how this is actually the very best publication we have go through within my personal daily life and can be he best ebook for at any time. (Althea Christiansen)

ESSENCE OF MAHARISHI PATANJALI'S ASHTANG YOGA



Pustak Mahal. Paperback. Book Condition: new. BRAND NEW, Essence of Maharishi Patanjali's Ashtang Yoga, J.M. Mehta, This book mainly deals with Ashtang Yoga founded by Maharishi Patanjali, the author of "Yoga Darsan" or "Yoga Sutra". In the present day world, Yoga is being propagated as a combination of physical and breathing exercises (Asana and Pranayam). But, Ashtang Yoga is much more than that. It is a comprehensive yogic discipline, which includes physical, mental and spiritual aspects. Besides, treating the subject of Yoga in a general manner, the book briefly explains the eight parts of the ancient yogic discipline, which consists of the Yamas and Niyamas (moral and social conduct), Asana (physical postures), Pranayam (regulation of breath), Pratyahara (withdrawal of senses) and Dharana, Dhyana and Samadhi (inner yogic discipline). Ashtanga Euro [trademark] means eight limbs or parts, hence the name, Ashtang Yoga. The emphasis of this Yoga is on the inner and intangible discipline which leads to the perfection or liberation of the soul.And this alone is the highest or ultimate goal of human life.

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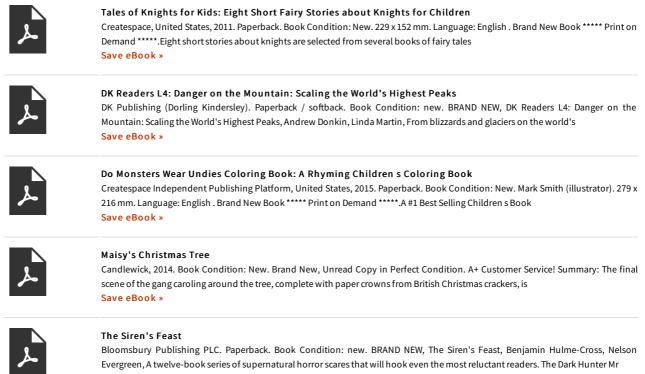
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