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Par Sri Swami Sivananda
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Présentation de l'éditeurBody positions typically associated with the practice of Yoga are intended primarily to restore and maintain a practitioner's healthy well-being, and improve the body's flexibility and vitality. These are widely known as Yoga postures or Yoga positions, which is currently practiced for exercise and as popular alternative medicine. Yoga primarily works with the energy in the body through the science of pranayama or energy control. Yoga teaches how to still the mind through breath-control and thereby attain higher states of awareness and wellness. The teachings in this book show the yogi or yoga practitioner how to unleash this harmony within one's self.Présentation de l'éditeurBody positions typically associated with the practice of Yoga are intended primarily to restore and maintain a practitioner's healthy well-being, and improve the body's flexibility and vitality. These are widely known as Yoga postures or Yoga positions, which is currently practiced for exercise and as popular alternative medicine. Yoga primarily works with the energy in the body through the science of pranayama or energy control. Yoga teaches how to still the mind through breath-control and thereby attain higher states of awareness and wellness. The teachings in this book show the yogi or yoga practitioner how to unleash this harmony within one's self.

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