

## A Broader Understanding of Yoga'



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## A BROADER UNDERSTANDING OF YOGA'

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Bharatiya Kala Prakashan, New Delhi, 2013. Soft cover. Book Condition: New. 258pp. A Broader Understanding of Yoga' is an outcome of sincere effort made by the author to delineate the true meaning and purpose of yoga by referring to ancient scriptures as well as by citing life histories and teachings of few great yogis and spritual personalities in brief. The book has dwelt on all the main streams of yoga in the light of their historical and philosophical backgrounds as well as on the basis of the fact that each yoga balances and strengthens the others. Students and teachers of yoga particularly, from the West are familiar with Hatha-Yoga, A?>O'ga- Yoga, KuZ?alin?-Yoga etc. as there are many books on these streams of yoga. On the other hand, reading materials on Karma-yoga, J?ana-Yoga, Bhakti- Yoga, VedOnta etc. are not readily available to them. This book will therefore, contribute toward filling this void to some extent. Selected Vedic mantras are incorporated occasionally in some chapters especially, in the chapters pertaining to Bhakti-yoga. Further, Appendix-I of the book is exclusively assigned to few selected Sun mantras. It is hoped that the students of yoga will be greatly benefitted by integrating some of these mantras into their yoga practice. A 'Sanskrit Pronunciation Guide' is also incorporated in the book so that the students of yoga can acquaint themselves with the exact pronunciation of the original Sanskrit terms.

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