



Guidelines for Yogic Practices

By M.L. Gharote

Lonavla, 2013. NA.. Book Condition: New. Third Edition. 23 cms. 108pp. The Guidelines for Yogic Practices is in the form of a yarn made out of the cotton balls. Our yogic savants have left us a legacy of Yogashastra based on their experiments making a man psycho-physiologically balanced by influencing the internal secretions, toning up the musculature and attaining mental poise. This system is better and more effective than any other in vogue today. With the most practical outlook swami Kavalayanandji dexterously gave the old yogic practices a new dimension by providing scientific explanation and bringing the practices within the reach of common man. We have continued the thread of his yogic tradition in the book. The important stages of the practices have been illustrated to give their semi-slow motion continuity. The basic information, provided in the book, gives every man capability of reaching the acme of psycho-physical fitness required in modern times. The book forms a thread that may be termed as ?applied science? of the old and the new based on ?yogic practices?.



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