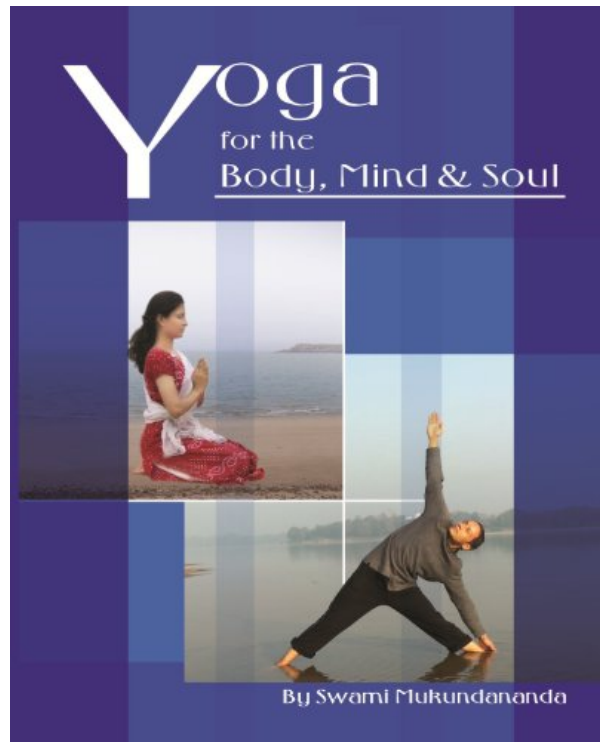
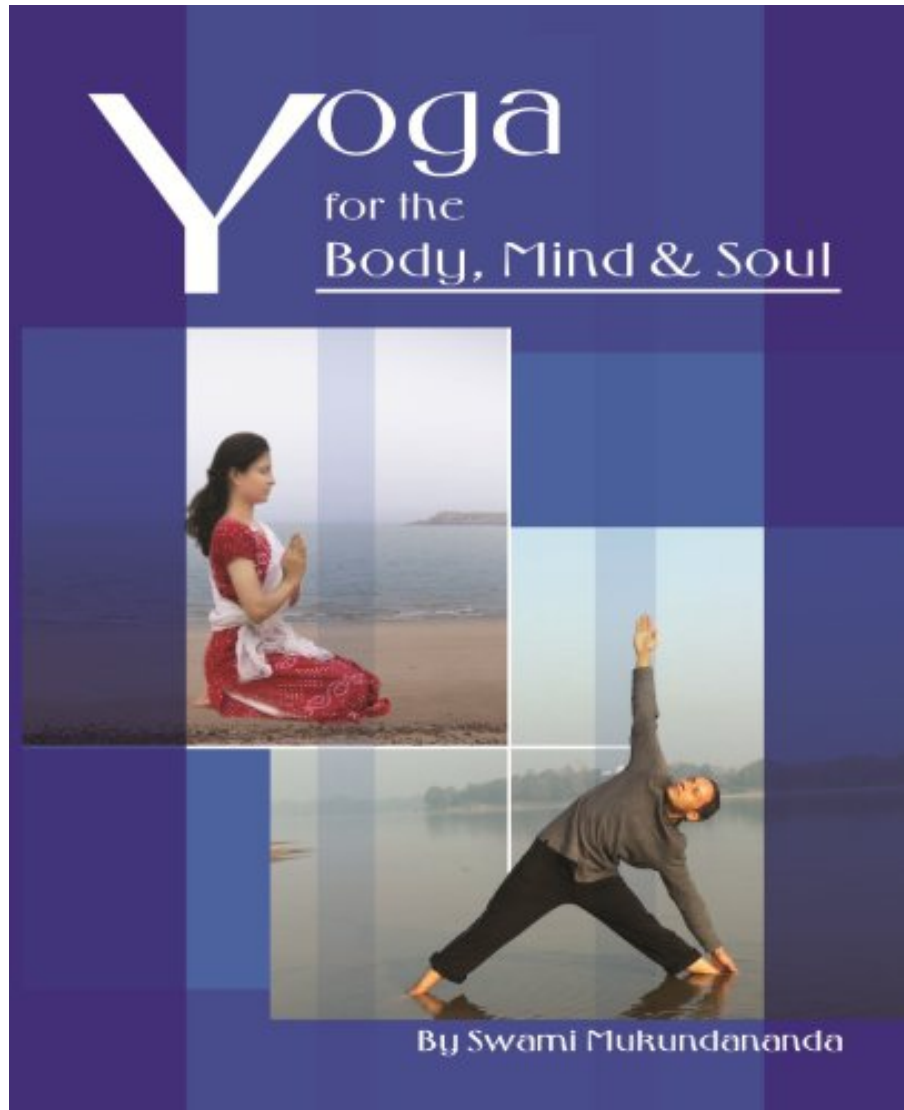


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Yoga for the Body, Mind & Soul is a comprehensive treatise on Yoga, Meditation and Pranayam, incorporating all the five wings of unique and holistic system of Yog, Jagadguru Kripaluji Yog. With nearly 250 Yogasans, 13 pranayams and 24 mudras for complete protection of the body, subtle body relaxation and Roopdhyan meditation for your mind & soul, this book is a must have for aspirants who practice Yoga, Pranayam and Meditation. It also has a dedicated section on the science of healthy diet.

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- Released on: 2014-03-04
- Format: Kindle eBook

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7 of 7 people found the following review helpful.

Holistic approach to yoga

By Niraj Trivedi

There are several books/videos/instructions available nowadays on yoga. They primarily focus on only bodily fitness. Some of them entail authentic yogic postures/exercises and are beneficial to bodily fitness. Swami Mukundananda's book 'Yoga for the Body, Mind and Soul' is different and better in the following ways - 1) it is holistic in approach - yoga for the body, mind and soul 2) the yogic postures described are authentic from the perspective of ancient Hindu scriptures and science 3) the exercises are explained in a clear and simple language; very easy to follow; benefits are clearly stated along with required preconditions/cautions 4) scientific explanation given for benefits of eating healthy and vegetarian diet 5) explains how to bring about a healthy change in mind and perspective towards life; makes the mind calm, collected, and peaceful 6) most importantly - walks you through charming exercises of how to unite oneself with God, which is the true and authentic meaning of the Sanskrit word 'Yog'.

I recommend everyone to buy this book and take the time to read it. If the book's contents are implemented in life, it will not only benefit your health, but your mind and most importantly, your soul.

3 of 3 people found the following review helpful.

It helps to maintain a healthy body and healthy mind

By Saubhagya K. Nayak

This Yoga for Body, Mind and Soul is a very unique book. It covers five different aspects Yogasan, Pranayam, Subtle body relaxation, Meditation and Proper Diet. Maharishi Patanjali, the ancient exponent of astanga Yog, describes the eight steps to god realization. The first five steps (Yama, Niyama, Asana, Pranayam, Pratyahara) are related to the body and the last three steps (Dhahran, Dhyana and Samadhi) are for the mind. Here the author has described all the eight stages of astanga yoga and also about the science of paper diet.

I have been practicing Yoga since last three years and this book has helped me a lot. When I have any questions about a asana or wanted to learn a new one, I turn to this book. It describes step by step each asana along with pictures. It also tells the benefit of each asana and it's contraindications. Another unique point this books tells is to practice each asana with God's name.

3 of 3 people found the following review helpful.

Wonderful book with lots of valuable information!

By RenKyo

Although there are many yoga books out there, this is one that I really like a lot and would highly recommend! The book not only has many yoga asanas, but also describes the benefits of each and every asanas. In addition, precautions are given with certain asanas that are not suitable for people with health problems such as high blood pressure, hernia, etc. I find this very valuable! In addition to yoga asanas, the book also covers pranayams (breathing exercises), meditation, and healthy diet and eating. I have it and got one for my parents as well and my dad loves it!

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