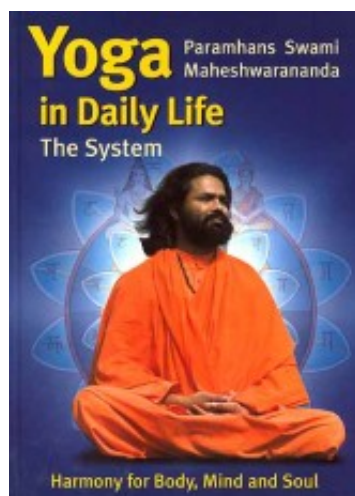


ENGLISH Yoga in Daily Life



Product Code: 3-85052-000-5
Weight: 1.35kg

Price: 36.00?€

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Short Description

Yoga in Daily Life - The System

Description

Yoga in Daily Life - The System Paramhans Swami Maheshwarananda Comprehensively presented master system of "Yoga in Daily Life", rooted in the authentic tradition of classical yoga and designed to meet the needs of modern times. It can be practised and utilised by all people in most of life's circumstances - regardless of one's age, gender, profession, education, health, culture or belief. The book offers: * step-by-step system of exercises (asanas, pranayama, meditation, hatha-yoga kriyas) * holistic approach * detailed description of each yogic practice * special instructions for specific health conditions * info on philosophic and scientific background * all this in 448 pages with over 700 colour images. hardcover, 17 x 24 cm, 448 pages, over 700 color photos