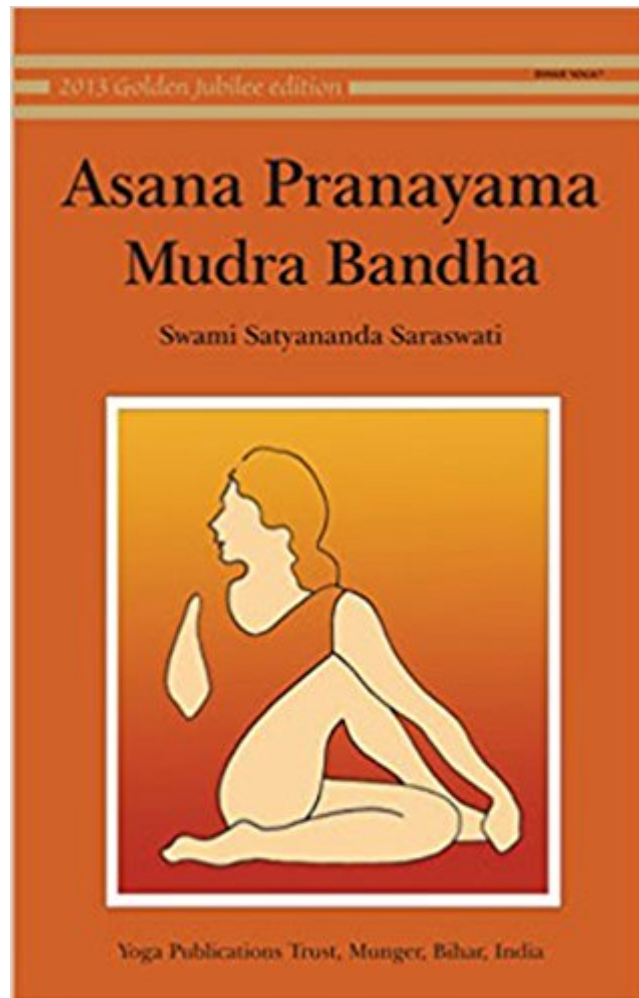




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# Asana Pranayama Mudra Bandha/2008 Fourth Revised Edition



## Synopsis

Asana Prana Yama Mudra Bandha is recognised internationally as one of the most systematic yoga manuals today. Since its first publication by the Bihar School of Yoga in 1969 it has been reprinted seventeen times and translated into many languages. It is the main reference text used by Yoga teachers and students of Bihar Yoga/Satyananda Yoga within the International Yoga Movement, and many other traditions as well. This comprehensive text provides clear illustrations, step by step directions and details of chakra awareness. It guides the practitioner or teacher from the simplest to the most advanced practices of hatha yoga system. A therapeutic index is provided for use by doctors and yoga therapists incorporating recent information from research into yoga. This edition successfully brings the exposition of yoga practices to the standard of a university text. This latest Fourth Revised Edition has been revised and updated under the direction of Swami Niranjananda Saraswati, the successor of Swami Satyananda Saraswati. Since publication of the first edition, interest in yoga has spread widely. Now the book is used in ashrams, centres and yoga schools in many countries as the standard textbook for teachers and students alike. The techniques presented have been assimilated by fields as diverse as medicine, education, entertainment, business, sports and the training of spiritual aspirants.

## Book Information

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## Customer Reviews

Swami Satyananda was born at Almora in 1923. In 1943 he met Swami Sivananda in Rishikesh and adopted the Dakshinami sanyasa way of life. In 1955 he left his guru's ashram to live as a wandering mendicant and later founded the International Yoga Fellowship in 1963 and the Bihar School Of Yoga in 1964. Over the next twenty 20 years Swami Satyananda toured internationally and authored

over 80 books. In 1987 he found Satyannada Math, a charitable institution for aiding rural development, and the Yoga Research Foundation. In 1988 he renounced his mission, adopting khestra sanyasa, and now lives as a paramahansa sannyasin.

This is a fantastic book, despite the physical quality. As a yoga student and teacher, I find it easy to use and a must-have reference. Unfortunately the paper quality isn't the best - it's old school yellow pages and the text and illustrations are faded in lots of areas although it's a brand new book. The book is also so thick that to read a section towards the back, the binding snapped and now whole sections are falling out. I've only been using this copy for 2 weeks! I can't imagine how it'll hold up over time if it's already falling apart. I recommend finding a quality version and adding it to your must-have yoga collection.

Excellent beginners exercises for developing strength as well as flexibility before jumping into asanas.

Whether you are a beginner or advanced practitioner, this is the book (APMB) you would want to keep with you for lifetime. I have read BKS Iyengar's "Light On yoga" and Swami Ramdev's (Swami Ramdev has created yoga revolution in India) "Pranayama Its Philosophy & Practice", but this book tops the list. Make no mistake both BKS Iyengar and Swami Ramdev are master of yoga but Swami Satyananda Sarswasti's way of writing, comprehensive view of yoga practices and flow of the book makes APMB the best yoga book. APMB book lists contra-indications, benefits and variations of asanas and pranayamas. Swami Satyanand Sarswati is one of the initial yoga gurus who have conducted scientific research on yoga. When you are reading this book, you realize that this is a creation of a yoga genius. Along with review of book, just wanted to share my experience with yoga practice - I was introduced to yoga (much like many other people in India) because of the yoga awareness created by Swami Ramdev. Swami Ramdev has conducted extensive medical research on effects of pranayama and he has documented many evidence where people are cured of many diseases by practicing his 7-step pranayama (see Swami Ramdev's Pantajali Yogpeeth - Divya Yoga Mandir website for documented evidences). I started practicing Swami Ramdev's 7-step pranayama program (Swami Ramdev emphasizes greatly on Kapalbhathi (skull shining) and Anulom-Vilom (alternate nostril breathing) pranayama). I wanted to be more serious with yoga practice and I started practicing Vinyasa yoga in local yoga studio. What I realized over the period of time is that best yoga practice is the one which combines both Asanas and Pranayamas. In the US,

many yoga studios focus mainly on asanas (vinyasa being popular style) and there is less emphasis on pranayama. Swami Ramdev emphasizes mainly on pranayams and talks less about asanas (he does have a separate book dedicated to asanas but he emphasizes mainly on 7-step pranayama). In my experience combining both in your yoga practice is the best way to go. Before you start pranayama, if you practice basic asanas (such as Sukshma Vyayama, Surya Namaskar, Naukasana, Vajrasana, Dhanurasana, Halasana, Sarvangasana etc) you experience much more concentration during pranayama. I found that Surya Namaskar (Sun Salutation) is the best and complete exercise to relax muscles, loosen joint and hence the best exercise to prepare for more advanced asanas, pranayams. Hope this help!

Another must have for your yoga library. Well written, concise and easy to follow publication from the Bihar Trust in India. You would otherwise have to go to India itself to get these books. So glad makes them available.

This is an excellent book for developing a complete yoga practice. The asana pages are helpful, but due to less attention being given to mudras, pranayamas and bandhas, those are the parts of this book that I just loved. The author even explains some of the science behind these practices. Furthermore, now that I have the book, I'm seeing it cited in many places as a source. A good investment for the serious practitioner.

A classic text on the subject that covers the deeper aspects. Written by a direct disciple of the great sage and yoga master Sri Swami Sivananda. A must have for the serious student.

I purchased this book based on other customer feedback on and I was not disappointed. If you need one comprehensive book on Yoga i.e. Asanas then this is it. It is very detailed including the medical benefits of and effects of doing a specific Asana. However if you purchase other books by the Author you can expect some duplication, maybe even the same language e.g. I purchased the book on Kriya Yoga by the same author and looked like a partial transpose from this book. Overall a well written book and a must have for anyone considering Yoga / even a reference.

This book is a treasure of information about pranayama, mudra, and bandha. Any serious student or teacher will appreciate the rich detail presented about these subjects. It is as if you are getting the information directly from the source. If you are new to yoga be careful using the section on asana,

as this part could use some updating to reflect modifications and suggestions for staying safe in postures. With that being said this is another great book from the folks in Bihar, India.

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