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## Yogasana and Pranayam

By Swami Ramesh Chandra Shukla

V & S Publishers, New Delhi, India. Softcover. Book Condition: New. The book explains elaborately the basic concept of Yoga, its origin, philosophy and aim, and also the relevance of Yoga in the present world. In fact, Yoga has an answer for every possible ailment/disease that affects the human race, including some of the deadly ones too, such as Cancer, AIDS, etc. Initially, the Yogic saints developed the Yogasanas by referring to animals, birds, trees and other creatures in order to stretch or relax. There are innumerable Yogasanas discussed in the book. Some of the well-known among them are: Surya Namaskar and its different poses, Uttana Padasana (Stretched leg Pose), Pawana Muktasana (Wind Release Pose), Naukasana (Boat Pose), Chakrasana (Wheel Pose), Padmasana (Lotus Pose), Halasana (Plough Pose), etc. Another salient feature of the book is that there are different sections, such as: Management of Common Diseases through Yoga, Pranayama & Yogic Diet, Yoga for Seniors, Yoga for Women, Yoga for Children & Students, Yoga for Managing Stress, etc. However, it is recommended that Yoga should always be practised under the guidance of a trained Yoga Teacher/Practitioner. Printed Pages: 216.

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