

Asana Pranayama Mudra Bandha

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Asana Pranayama Mudra Bandha [APMB] is one of two textbooks used in a yoga teacher training course I recently attened.The other text is BKS Iyengar's Light on Yoga.Iyengar's book is one of the most well-known yoga books in the world, and I, therefore, expected that I would prefer Light on Yoga to the much more utilitarian looking APMB—a book that you're unlikely to find at your local ...

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This book covers multifold dimensions of yoga, which includes philosophy,yama, niyama, asana, pranayama, mudra, bandha, chakras, pratyahara, yoga nidra, dharana, dhyana, Vasudeva kriya and meditation techniques.This book is prepared with the intention of making this a reference book for all students of yoga. Yoga is divine.

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This book Asana Pranayama Mudra Bandha really grabbed my attention. Instructions and diagrams are clear, precise and easy to understand. This book is a must buy for all hatha yoga folks, beginner or advanced. My first acquaintance with yoga was in 1953 through books written by Swami Sivananda of Rishikesh. ...

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