



Yoga Classical Hatha Yoga: 84 Classical Asanas and Their Variations 2016 (Paperback)

By Yogachariya Jnandev

Design Marque, United Kingdom, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Asana: The Third Limb of Asht (eight) anga (limbs) Yoga Asana in modern yoga has become a synonym for Yoga. Most yoga followers are practising kriyas in the form of Suriya-namaskar or vinyasa and asana as a physical workout for many benefits like keeping fit, gaining flexibility, feeling good, being strong, looking attractive and enhancing vital energy. There is nothing wrong in that as we all need a healthy and strong body to begin. Swami Vivekananda states that, all our immoral behaviour problems are rooted in weakness. To be free or to walk on a path to freedom and joy, we need to be very strong and healthy. In Shiva Samhita, Hatha Yoga Pradipika, Gheranda Samhita and other scriptures there is mention of 8,400,000 Asanas, which means form of births or life, YONI. We all have to go through each and every life form to learn and experience to grow. Out of those they say only 84 are important. Out of those 84 only 32 are most important and out of those, 4 sitting postures are essential ones. To be successful...



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