

Yoga

The Path to Peace and Bliss



Bibhansu Maiti

Contents.



ABOUT THE BOOK

PREFACE

iii

CHAPTER 1	- Introduction	01
CHAPTER 2	- Yoga – the Goal	06
CHAPTER 3	- Mind – the Medium	11
CHAPTER 4	- Yama and Niyama – to Rein the Restless Mind	19
CHAPTER 5	- Body, the Base of our Mind	30
CHAPTER 6	- Asana – Postures Comfortably Held	47
CHAPTER 7	- Ideal Food for Body, Mind, and Soul	55
CHAPTER 8	- Fasting for Total Health	60
CHAPTER 9	- Pranayam for Rejuvenating Our Vital Forces	63
CHAPTER 10	- Pratyahar, Dharana, Dhyana, and Samadhi	67
CHAPTER 11	- Asanas, Mudras, and Bandhas Prescribed by Shri Shri Anandamurti	69
CHAPTER 12	- Modern Health Problems and Solution Offered by Yoga	94
CHAPTER 13	- Importance of Action, Knowledge, Devotion and Service	114
CHAPTER 14	- Contribution of Shri Shri Anandamurti in the Field of Yoga	122
CHAPTER 15	- Kiirtan and Spiritual Songs Open the Heart for Yoga Sadhana	138
CHAPTER 16	- A Comprehensive Revolution through Yoga	148

