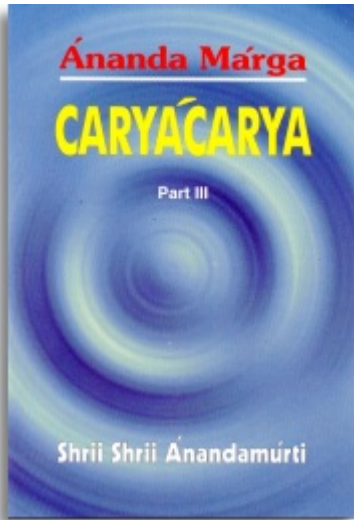


Carya Carya Part III



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Carya Carya Part III

Caryacarya is the samája shástra (social treatise) of Ananda Marga. These three volumes set out both the organization and the cultural basis of the Ananda Marga movement.

This part contains all the dos and don'ts related to physical health that must be followed for progress in mental and spiritual sádhaná. The author explains yogic ásanas (postures) and other health practices. He reminds the reader that in addition to the written instructions, a competent teacher is necessary for the practice of ásanas.

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