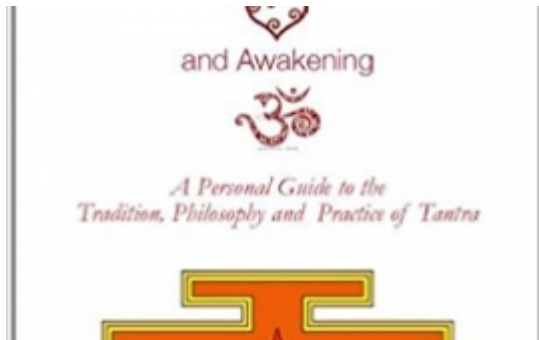


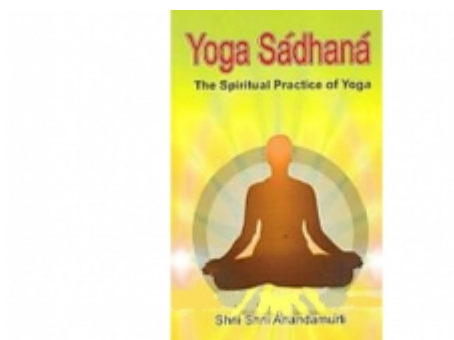
# Yoga



## Tantra: The Yoga of Love & Awakening

A great historical and philosophical summary of Tantra that dispels misconceptions regarding the subject with practical and inspirational pointers on how to apply the principles of Tantra in daily life. Probably one of the best books on the subject because of how concise, well researched and pointed the book was organized by the author.

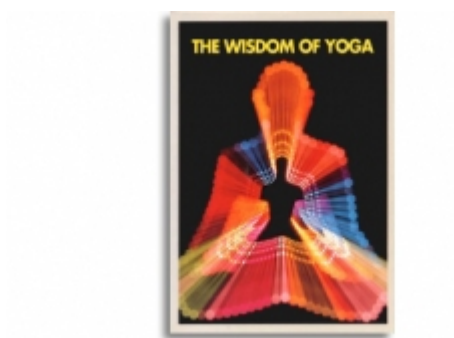
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## Yoga Sadhana: The Spiritual Practice of Yoga

Yoga in its true sense is the unification of the unit consciousness with Supreme Consciousness; and the practices developed over millennia to achieve that unification are correctly called yoga sadhana.

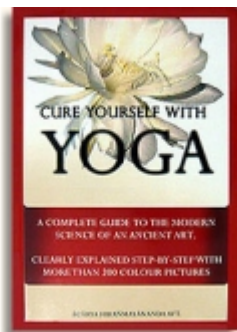
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## The Wisdom of Yoga

This is a short introduction to the basic elements of Ananda Marga philosophy with chapters explaining the origin of Tantra, eight-limbed yoga, the structure of the mind, reincarnation and the cosmic cycle of creation.

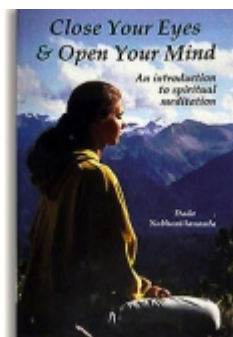
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Cure yourself with Yoga is one of the most comprehensive and wide-ranging guide books to the ancient art of yoga.

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## Close Your Eyes & Open Your Mind

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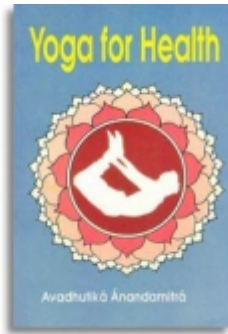
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## Yoga: The Way of Tantra

7000 years ago the majestic Himalayan Mountains brought forth a great Yogi, bringing with him the knowledge necessary to build a world civilization: Arts, music, science, medicine, language, social norms and most important the psycho-spiritual practices of Tantra Yoga.

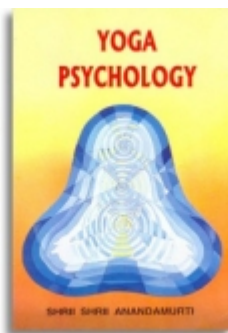
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## Yoga for Health

An introduction to the practice of yoga postures (asanas) and the science behind it. Learn an ancient and time- tested system of preventive medicine.

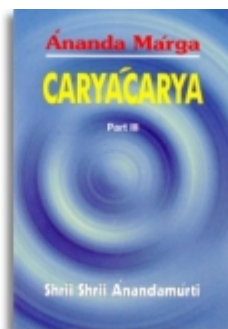
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## Yoga Psychology

The science of psychology, as studied and practised within the traditions of yoga and Tantra, begins with our cakras (or plexi, psycho-spiritual centers) and the various glands associated with each cakra.

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## Carya Carya Part III

This part contains all the dos and don'ts related to physical health that must be followed for progress in mental and spiritual sádhaná.

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