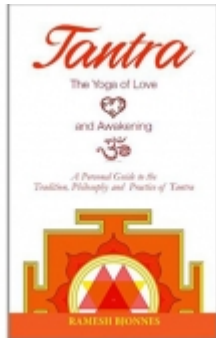


Yoga



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.

[READ MORE](#)



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.

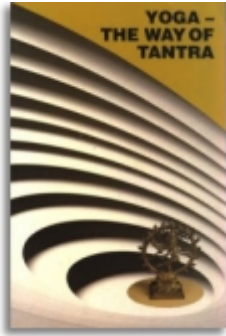
[READ MORE](#)



Close Your Eyes & Open Your Mind

Dada has a rare quality of conveying some of the world's deepest truths in simple, clear language.

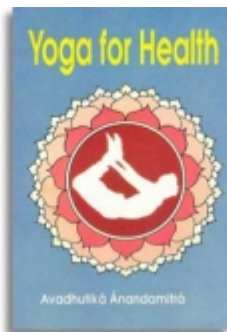
[READ MORE](#)



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.

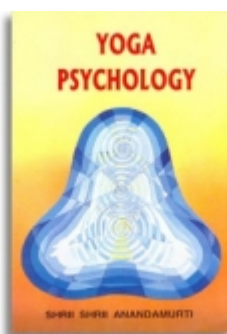
[READ MORE](#)



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.

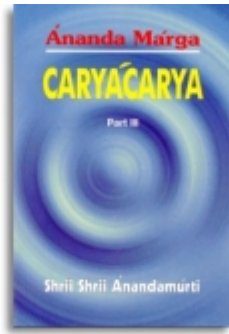
[READ MORE](#)



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.

[READ MORE](#)



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.

[READ MORE](#) [VISIT SITE](#)