

Advanced Hatha Yoga: Classic Methods of Physical Education and Concentration

By Shyam Sundar Goswami

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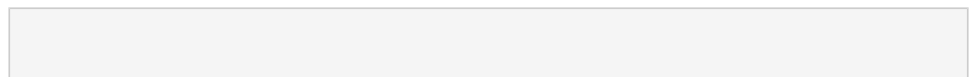
Advanced Hatha Yoga: Classic Methods of Physical Education and Concentration By Shyam Sundar Goswami

The classic Hatha yoga manual for a strong, vital, beautiful body and a balanced, harmonious, happy mind


- Includes instructions for many advanced Hatha yoga exercises to build strength, stamina, and good posture, the necessary basis for spiritual development
- Provides detailed exercise plans to help you develop your personal weekly practice
- Explains traditional yogic methods of fasting and internal cleansing, practices to strengthen the endocrine system, methods for advanced sexual control, breath control practices, and concentration exercises to improve mind power

Based upon ancient Sanskrit works on yoga as well as thousands of years of oral teachings, this Hatha yoga classic moves beyond the introductory level of yoga and provides illustrated instructions for many advanced asanas and other yogic techniques to build strength, stamina, and good posture--a necessary prerequisite for spiritual development.

Offering detailed exercise plans to help you develop your personal weekly yoga practice as well as techniques to target specific areas of the body, such as the abdominal muscles, this book also contains detailed instructions on many forms of *prânâyâma* (breath control), including alternate nostril breathing, *kapâlabhâti*, and *sahita*, as well as meditative methods for developing your powers of concentration and mental discipline. With instructions on diet, fasting, internal cleansing, advanced sexual control, and strengthening the endocrine system, Sri S. S. Goswami's classic text presents the complete picture of an advanced Hatha yoga lifestyle for a strong, vital, beautiful body and a balanced, harmonious, happy mind.



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Editorial Review

Review

“Modern, cogent, and the most comprehensive, definitive treatment of Hatha Yoga to be found in the Western world today. It is also the most completely illustrated book.” (*Sachindra Kumar Majumdar, author of Introduction to Yoga Principles and Practices*)

“Scientifically presented as a valuable bridge between India’s ancestral spiritual legacy and searching Western civilization, Sri S. S. Goswami’s methodically elaborated *Advanced Hatha Yoga* has been for many years, and will surely continue to be, an exclusive reference for future generations.” (*Basile Catoméris, disciple and spiritual heir of Sri Shyam Sundar Goswami*)

“This plainly-written and well-organized journal of classic Hatha yoga poses and lifestyle is sure to heighten the reader’s practice both on the mat and off.” (*Allyson Gracie, Retailing Insight, September 2012*)

From the Back Cover

HEALTH / YOGA

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--From the foreword by Basile Catoméris, disciple and spiritual heir of Sri Shyam Sundar Goswami

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SHYAM SUNDAR GOSWAMI (1891-1978) was the founder of the Goswami Yoga Institute in Sweden, which opened in 1949 and was the first yoga school in Scandinavia. A disciple of the great yoga master Balak Bharati, he toured the world giving lectures and yoga demonstrations as well as participating in scientific studies on the physical benefits of yoga practice. He also wrote *Layayoga: The Definitive Guide to the Chakras and Kundalini*.

About the Author

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