YOGA: STEP – BY – STEP

A Course in Yoga Tuition with Step – by – Step Guidance in the Preliminary Practices of Hatha Yoga Asanas, Kriyas and Mudras and Beginning Pranayamas that Form a Basis of Classical Rishi Culture Yoga

BY

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This is a series of fifty – two lessons on the philosophy and practice of yoga which includes instructions in Asanas, Kriyas, Mudras, Hatha Yoga, Jnana Yoga relaxation and the science of Pranayama. the first stages of the Antaranga Yoga of Patanjali are dealt with by the author and particularly the early Kriyas of Pratyahara, sense withdrawal and the higher Kriyas and Prakriyas of Jnana Yoga and Raja Yoga including the highly respected technique of the Hang Sah Kriya and the original Rishiculture concept and teachings of Chetna Nidra, now popularly called Yoga Nidra, yoga psychic sleep. These lessons are in sequence and were originally published as a correspondence course in yoga, but then greatly expanded into four volumes entitled:

- VOL. I -How to Begin a Practice of Yoga
- VOL.II -Yoga – Intermediate Practices
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**VOL: I - HOW TO BEGIN A PRACTICE OF YOGA:**

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- Various Yoga Routines