



The Sivananda Companion to Yoga: A Complete Guide to the Physical Postures, Breathing Exercises, Diet, Relaxation, and Meditation Techniques of Yoga

Sivanda Yoga Center, Vishnu Devananda

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The essential companion for beginning and experienced yogis alike! Now with fresh, colorful pages throughout, *The Sivananda Companion to Yoga* remains the classic guide to yoga. With easy-to-follow instructions, inspirational teaching, and detailed illustrations, this authoritative guide covers every aspect of the yoga lifestyle, including relaxation, exercise, dietary guidelines, breathing, and meditation.

A highly regarded organization for yoga studies and practices, the Sivananda Yoga Center created the first edition of *The Sivananda Companion to Yoga* in 1983. Since its publication, it has sold more than 700,000 copies worldwide and has become a standard text for both yoga students and teachers.

Whether you're using it in conjunction with a class or on your own, *The Sivananda Companion to Yoga* can help you:

- Develop a fit and beautiful body
- Boost your energy and vitality at any stage of life
- Reduce stress and experience greater peace of mind
- Eat nutritiously and responsibly
- Increase your powers of concentration and discipline

Yoga is a journey toward physical and spiritual wellness. With this beautiful, bestselling guide in hand, you will experience the health, energy, and vibrancy that yoga can bring into your life.

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