



## Yoga: The Oriental Healing (Paperback)

By Navodita Pande-Bhargava

Partridge India, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The book deals with different aspects of life and is a treatise on lifestyle, living and fitness - emotional, physical, spiritual and holistic. The book has chapters on female and male anatomy, Chakras, traditional Yoga diet, relationships and a special feature on how to integrate all of these within one's life in order to achieve life's goals. The book has about ten images to show the main Asanas invented and founded by the author who is a veteran Yoga practitioner and trainer. The book is a guide and helpful tool for young amateur Yoga practitioners and for athletes and sportspersons, alike. Some easy-to-do asanas have been discussed with their strong therapeutic value and utility for the readers. The book is a great encyclopedia of knowledge on Oriental thought, philosophy and practice as preached worldwide by various Hindu philosophers through ISKCON, Osho, Sri Sri Ravishanker and His Holiness Dalai lama.

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