

CONTENTS

I-HISTORY OF YOGA	5
II-MODERN YOGA	6
III-MEANING OF YOGA	7
IV-RELAXATION.....	11
V-BASIC POSTURES (AARAMBHIK AASANAS).....	15
1. THE SUN SALUTATION (SURYA NAMASKAAR).....	18
2. LEG-RAISE POSTURE (PADOTTHAANA AASANA).....	21
3. SHOULDER-STAND (ARDHA-SARVAANG AASANA).....	25
4. THE PLOUGH (HALAASANA).....	27
5. THE BRIDGE (SETU-BANDH AASANA).....	29
6. THE HEAD-STAND (SHEERSH AASANA)	31
7. THE FISH (MATSYA AASANA)	34
8. THE FORWARD BEND (PASHCHIMOTTHAAN AASANA).....	35
9. THE COBRA (BHUJANG AASANA)	38
10. THE LOCUST (SHAALABH AASANA)	40
11. THE BOW (DHANUR AASANA)	41
12. THE LOTUS (PADM AASANA)	42
13. THE CROW (KAK AASANA).....	44
14. HANDS TO FEET	45
15. THE TRIANGLE (TRIKON AASANA)	47
16. THE AASANA	48
STANDING POSTURES	49
SEATED AND FLOOR POSTURES	54
TWISTS AND ABDOMINAL TONERS	63
ARM BALANCES	66
INVERSIONS	72
RELAXATION	75
OTHER AASANA	75
17. YOGA MUDRAS-THE HEALING HAND	76
VI-DIET AND ITS EFFECTS	84
VII-NATURAL BALANCED FOOD	87
GLOSSARY	95