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Indian Philosophy is based on six systems. Patanjali's yoga is one among them. It is deep set in the knowledge of mind and body. Pathanjali is the founder of Yoga Shastra. Its first interpretation was given by Vyasa

Maharshi in Sanskrit. This book is the translation of the same.

Yoga Books In Malayalam

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Hatha Yoga Pradipika (Malayalam)

“When you find peace within yourself, you become the kind of person who can live at peace with others.” - Peace Pilgrim. Yoga has become important in the lives of many contemporary Westerners, sometimes as a way of improving health and fitness of the body, but also as a means of personal and spiritual development.” - Tara Fraser, Yoga For You.

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Yoga Vasishtha Saram (Malayalam) It is believed that the book Sree Yogavasishtham by Valmiki contains Thirty Two Thousand slokas. But now in these days we could find only Seven Thousand Six Hundred and Eighty Seven slokas in that book. Many great people made commentaries on Yoga Vasishtham, but a Kashmiri scholar, Sri Abhinandan wrote a clear one.

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Yoga Vasishtha Maha Ramayana. The Brihat (the great) Yoga Vasishtha or Yoga Vasishtha Maha Ramayana as it is also called, is a work of about 32,000 Sanskrit couplets, traditionally attributed to Valmiki, the author of Srimad Ramayana.

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The Hatha-Yoga-Pradipika I.27. Comments: While practicing this posture imagine yourself as an archer with the gaze focused on the target and the arrow firmly yet gracefully being pulled back in the bow. Hold the

**posture steady as an archer would hold the arrow aimed at its target.
Return the foot to the floor gently.**

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Book : YOGAPADAVALI Author : YOGACHARYA GOVINDHAN NAIR Category : HEALTH ... : 2017-11-20 Publisher : DC LIFE : An imprint of DC Books Edititon : 20 Number of pages : 208 Language: : MALAYALAM YOGAPADAVALI YOGAPADAVALI YOGAPADAVALI Post Review: YOGAPADAVALI YOGAPADAVALI E-book ... YOGA PRAKRUTI CHIKITSA . Author: YOGACHARYA GOVINDHAN NAIR ...

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Laghu Yogavasishta Samgraham is a book written in Malayalam by Swami Jnanananda Saraswati.

Laghu-Yogavasishta-Samgraham-Malayalam-PDF : Swami ...

Yogacharya Govindan Nair (Born: 1908- Died: 2001) was a noted Yoga master, author, and journalist, who made significant contributions in popularizing Yoga Asana practices amongst the people of Kerala State in India. He has authored nine books in Malayalam language. His first books was "Yogavidya" which was first published in 1982 by DC Books.

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Pebbles presents " Yoga for Meditation and Stress Relief ", to make our mind stress free and to increase the concentration. The Asanas prescribed here will bring inner peace to your body and mind.

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