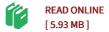


The Gheranda Samhita

By Rai Bahadur Srisa Chandra Vasu, Trans.

Munshiram Manoharlal Publishers Pvt Ltd, New Delhi, 2014. Hardcover. Book Condition: New. Reprinted. Hatha-Yoga is one of the most important forms of Yoga in which attempt is made to attain concentration or samadhi by purification of the body and physical exercises. The Tantrik Sanskrit text Gheranda Samhita, which is in the form of dialogue between the sage Gheranda and an inquirer Chanda Kapali, teaches Yoga under heads or sadhanas. The book, containing three hundred and fifty verses, is divided into seven chapters, in each of which are given the directions for the purification of the body, asanas or postures, Mudras, Pratyahara, Pranayama, Dhyana and Samadhi. The present translation of the Gheranda Samhita from original Sanskrit into English is an important contribution to the literature on Yoga and should be of great use to those interested in the subject.



Reviews

It is easy in read through easier to fully grasp, it had been writtern very completely and useful. I am pleased to let you know that here is the greatest book we have read during my personal life and could be he very best book for possibly. -- Miss Marge Jerde

It is really an remarkable publication i actually have possibly study. It usually is not going to cost excessive. Its been written in an exceedingly basic way and is particularly only right after i finished reading this publication through which basically transformed me, affect the way i think. -- Dr. Breana O'Kon

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