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The Art and Science of Raja Yoga: Fourteen Steps to Higher Awareness: Based on the Teachings of Paramhansa Yogananda

Swami Kriyananda

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The Art and Science of Raja Yoga contains fourteen lessons in which the original yoga science emerges in all its glory - a proven system for realizing one's spiritual destiny. This is the most comprehensive course on yoga and meditation available today, giving you a profound and intimate understanding of how to apply these age-old teachings, on a practical, as well as spiritual, day-to-day level in this modern age. Over 450 pages of text and photos give you a complete and detailed presentation of hatha yoga (yoga postures), yoga philosophy, affirmations, meditation instruction, and breathing techniques. Also included are suggestions for daily yoga routines, helpful information on diet, and alternative healing techniques. Apply these teachings and techniques in your daily life and you will attain your highest soul potential: true happiness, inner peace, and the dynamic joy of your soul. Included with this book are web links to free Raja Yoga course downloads containing a guided yoga postures session, a guided meditation, and an inspiring talk by Swami Kriyananda on the art of meditation, titled, Meditation: The Great Problem Solver.

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