



Yoga, Tantra and Meditation in Daily Life

By Janakanada Saraswati

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Yoga, Tantra and Meditation in Daily Life By Janakanada Saraswati

The author demonstrates how you can practice Tantric Yoga and go on living your life as you usually do, adding another habit to the ones you already have. The step-by-step, well-illustrated instructions in this book take you from beginners' exercises to those for advanced students. You will learn how to meditate easily, breathe correctly during yoga or meditation, and how to do easy yoga poses and exercises, such as the back program to improve posture and maintain youthfulness, and a great deal more!

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Editorial Review

Review

Yoga, Tantra and Meditation in Daily Life is an inspiring and, above all, refreshingly practical book. It has been written by a man who understands his trade and knows what he is talking about, you feel this when reading it. Even people who already know something about yoga will be surprised at how much this book offers. The last four chapters exclusively treat the theme of meditation and belong to the best of what I have read on the subject. ----- Swami Pragyamurti Saraswati, London.

Language Notes

Text: English, Swedish (translation)

About the Author

Swami Janakananda is the founder of the Scandinavian Yoga and Meditation School, one of the most respected yoga centres in the West. He emphasizes the restorative, de-stressing and spiritual core of yoga. Through his profound teaching of meditation, yoga, kriya yoga, pranayama and yoga nidra he contributes to upholding authentic yoga.

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