



An Introduction to the Yoga Philosophy

By Rai Bahadur Srisa Chandra Vasu

Munshiram Manoharlal Publishers Pvt. Ltd., New Delhi, India, 2004. Cloth. Book Condition: New. Dust Jacket Condition: New. Second Edition. Rai Bahadur Srisa Chandra Vasu's An Introduction to the Yoga Philosophy is an adumbration of the basic principles underlying this system. It gives a scientific exposition of the Yogic practices and the principles and underlying philosophy of the system, apart from explaining the rather abstruse terms in modern parlance. The book has twelve chapters, of which the first five deal respectively with the importance of Yoga and preliminary remarks, definitions, qualifications and methods and theoretical and practical features of mental training. The remaining seven chapters, deal with the practical part of Yoga, viz., Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi. At the end are given two Appendices giving respectively a brief sketch of Vedanta and Yoga and an account of Sadhu Haridas a saint who could enter into a state resembling death and could be resuscitated again. Full of information and written in a lucid style, the book is indispensable for the students of Yoga. Printed Pages: 80. Size: 16.5 Cms x 25 Cms.



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