

psychology

Fundamentals of Yoga

Rammurti S. Mishra

This is the most authoritative and easily followed manual on the theory and practice of yoga available anywhere. Where most works available are excessively theoretical and technical, this book gives practical results and genuine understanding. Fully illustrated for self-teaching, it is intended for those seeking spiritual awareness and better health.

Dr. Rammurti Mishra originally intended *The Fundamentals of Yoga* to serve as the official text for his own school of yogic instruction—in which the student begins actual practice during the first lesson. In addition to its function as a text, however, it is also invaluable for individuals learning yoga on their own, as well as for medical doctors, psychologists, and religious leaders. The methods described in this book have been tested and proved for over a decade.

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