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A BROADER UNDERSTANDING OF YOGA'



Bharatiya Kala Prakashan, New Delhi, 2013. Soft cover. Book Condition: New. 258pp. A Broader Understanding of Yoga' is an outcome of sincere effort made by the author to delineate the true meaning and purpose of yoga by referring to ancient scriptures as well as by citing life histories and teachings of few great yogis and spritual personalities in brief. The book has dwelt on all the main streams of yoga in the light of their historical and philosophical backgrounds as well...

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- Authored by S. Jayantam
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