

THE COMPLETE ILLUSTRATED BOOK OF  
**YOGABHYAS**

*The practice of perfection*



SAMĀDHI

DHYĀNA

DHĀRĀNĀ

PRĀTYĀHĀRA

PRĀNĀYĀMĀ

ĀSANA

NIYAMA

YAMA

FOR BEGINNERS, PRACTITIONERS AND TEACHERS BY

**YOGACHARYA DR. P. KANCHAN**

# YOGABHYAS

A complete systematic illustrated book on Yogasana, Pranayama, Cleaning process, Relaxation and Meditation for learners, Practitioners and Teachers.

Yoga has its significance in the attainment of peak levels of Physical, Mental and spiritual states. It is an ancient and proven way towards a peaceful and happy living as well as the art of physical and mental Harmony.



This is a complete and systematic book on yoga with extensive practical, step by step description of over 250 postures of Asana, Pranayama, Kriyas, Relaxation, Yoga Nidra and Meditation for every man, woman and child. This is a classic book to give a simple and complete description of how one can practice Yoga without a teacher. It is for beginners, practitioners and teachers who seek health, happiness, peace and self-realization.

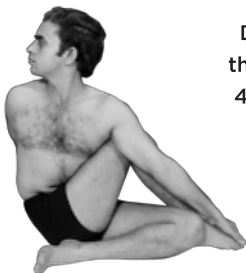


Dr. Kanchan is here to explain even the most esoteric concepts in the simplest words.

## What is Yoga?

**Technique of proper Yoga with individual Posture along with illustrations.**

**Description of each & every Asana, Breathing, Cleaning process, Relaxation and Meditation with full explanation and pictures.**



Dr. Kanchan has been teaching Yoga since the age of 23. He is practicing for more than 40 years with a wealth of experience in the field of Kundalini Shakti and Samadhi.

