



Yoga Self-Taught

ANDRE VAN LYSEBETH

7204

KUMAR KITAB GHAR
Plane Road, PATNA ABAD.

Contents

	PAGE
Foreword	7
Preface	11
1 Modern Man and Yoga	15
2 The Spirit of Hatha-yoga	19
3 To Breathe is to be Alive	22
4 Complete Yogic Respiration	31
5 Goodbye to Colds	41
6 Tongue Dhauti	43
7 OM	45
8 Relaxation	49
9 Relaxation (continued): Its essentials	56
10 Now to Deeper Relaxation	59
11 Self-Awareness	66
12 The Secret of a Supple Body	71
13 Concentration During Asanas	74
14 In What Order Should We Practise the Postures?	78
15 Asanas	85
16 Sarvāṅgāsana	91
17 Halāsana : <i>the Plough</i>	112
18 Matsyāsana : <i>the Fish</i>	123
19 Pashchimottāsana : <i>the Forward Bend</i>	133
20 Bhujāṅgāsana : <i>the Cobra</i>	147
21 Shalabhāsana : <i>the Locust</i>	159

22	Dhanurāsana : <i>the Bow</i>	17
23	Ardha-Matsyendrāsana : <i>the Twist</i>	18
24	Shirṣāsana and Kapālāsana	19
25	Shirṣāsana : <i>the Head-Stand</i>	19
26	Uḍḍiyāna Bandha	21
27	Perfecting the Asanas	22
28	Sūryanamaskar : <i>A Salutation to the Sun</i>	22
29	We are What We Eat	24
30	Carnivore or Vegetarian?	24
31	Adapting Your Diet	25
32	The Kollath Breakfast	25
33	Eat Wheat	25
34	And Finally	25