

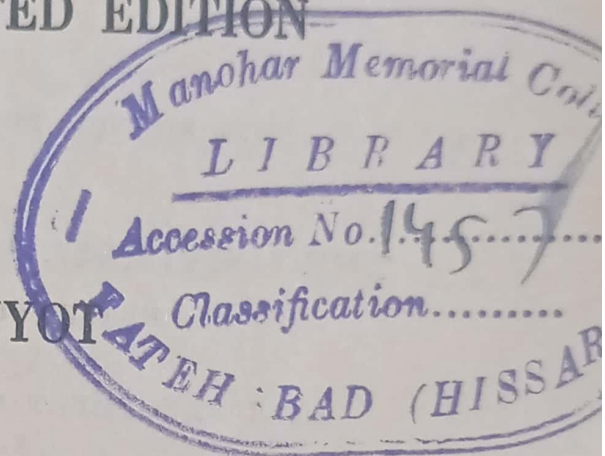
Y O G A

THE ART AND SCIENCE OF
SELF-MASTERY FOR SUCCESS

NEW ILLUSTRATED EDITION

BY

FELIX GUYOT



HOW TO PRESERVE YOUTH, BEAUTY OF FORM,
HEALTH AND STRENGTH, AND TO PUT BACK
OLD AGE AND DEATH BEYOND THEIR USUAL
LIMITS BY INCREASING MANLY VIGOUR AND
SUSTAINING POWER.

MAINTAIN EQUILIBRIUM OF THE SENSES AND
THE NERVOUS SYSTEM, AND DISCIPLINE IN
SEXUAL LIFE.

A UNIVERSAL PUBLICATION

Post Box No. 1092

DELHI-6

CONTENTS

FOREWORD	7
INTRODUCTION	9
<i>Chapter</i>			<i>Page</i>
1. TO LIVE IS WORK	19
2. THE RHYTHM IN LIFE	40
3. REST. MUSCULAR RELAXATION. SLEEP	53
4. THE PRANAYAMA OR SCIENCE OF BREATHING	70
5. THE EXERCISES OF PRANAYAMA	88
6. DIET	114
7. LIGHT AND HEAT. THE SENSES AND THEIR ORGANS. THE SKIN	137
8. THE SENSES AND THE NERVOUS SYSTEM. SEXUAL LIFE	159

181.45