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Editorial Review

Review

Since its publication first time in 1968, it has been reprinted in English 12 times and translated into many languages. It is referred to by yoga teachers and students, not only from the International Yoga Fellowship movement Schools but also by many from other traditions. --*Publisher*

About the Author

Swami Satyananda Saraswati was the disciple of swami Sivananda and became a wandering mendicant and he founded the the International Yoga Fellowship in 1963 and the Bihar School of Yoga in 1964. He now lives as a paramahansa sannyasin.

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