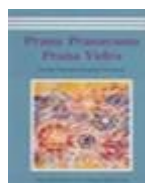


Clinical Yoga books Donated to University Libraries:



Asana Pranayama Mudra Bandha

Swami Satyananda Saraswati, Revised and upgraded in 2002. Recognised internationally as one of the most systematic yoga manuals available today. Provides clear illustrations and step by step directions to smoothly guide the practitioner through the simplest to the most advanced practices....



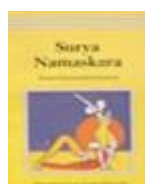
Prana Pranayama Prana Vidya

A comprehensive text on prana and pranayama. Includes detailed instructions on all the practices dealing with awakening and harmonising of the vital force, also describes the various stages of prana vidya and other forms of pranic healing. 2002 edition.



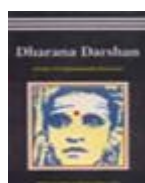
Yoga Education for Children (a Manual for Teaching Yoga to Children)

Contains a wide range of yogic techniques and activities for children including asana, pranayama, yoga games, relaxation and meditation, and stories along with explanation of how to introduce yoga into the classroom and yoga therapy for specific childhood problems.



Surya Namaskara (a Technique of Solar Vitalisation)

Surya namaskara, or Salute to the Sun, is a wholistic and versatile practice which when done regularly revitalises the whole system, promotes health and mental alertness and releases stress. With chapters on the solar tradition, psychodynamics, spinal manipulation, the endocrine system and the...



Dharana Darshan

Includes never-before-published classic meditation practices derived from the Upanishads, the Tantras and other traditional yogic texts.



Kundalini Tantra

Swami Satyananda's seminal work on kundalini, chakras and kriya yoga.



Meditations from the Tantras

One of the clearest and best books available on the essential foundations for meditation.



Sri Vijnana Bhairava - The Ascent

This text comprises 112 different dharanas (techniques) of concentration, which can easily be incorporated into one's daily life.



Sure Ways to Self Realisation

Swami Satyananda delineates the path of meditation, the obstacles that confront the practitioner and the means of overcoming them.



Swara Yoga (the Tantric Science of Brain Breathing)

A fascinating exploration of the breath and its influence on the other aspects of our health and well-being.



Tattwa Shuddhi (the Tantric Practice of Inner Purification)

Theory and practical instructions on Tattwa Shuddhi, the ancient tantric practice for purification and transformation of the five basic elements which comprise every individual.



Yoga Nidra

A detailed scientific and yogic explanation of the simple guided meditation practice of Yoga Nidra™ which brings about a state of complete relaxation.



Asthma and Diabetes

Includes information on the causes and effects of both diseases, medical, yogic and other treatments, diet and the path to health.



The Effects of Yoga on Hypertension

Covers scientific and yogic explanation of the cardiovascular system and the various causes of hypertension.



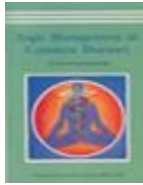
The Practices of Yoga for the Digestive System

Investigates the yogic and ayurvedic view of digestion, the psychology of eating, food habits, patho-physiology and yogic management of a variety of digestive disorders.



Yoga and Cardiovascular Management

Discussions between Swami Satyananda and a group of French medical experts, physicians and yoga teachers on Yoga and the medical management of cardiovascular disease.



Yogic Management of Common Diseases

Deals with 37 common diseases, both serious and chronic, which afflict the human body.



Four Chapters on Freedom (Commentary on the Yoga Sutras of Patanjali)

Includes the full Sanskrit text of Patanjali's Yoga Sutras, along with transliteration, translation and commentary.



Hatha Yoga Pradipika (Light on Hatha Yoga)

Maharishi Swatmarama, translation and commentary by Swami Satyananda Saraswati and Swami Muktibodhananda.



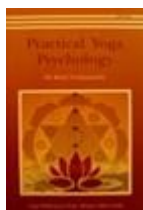
Yoga Chundamani Upanishad

Delineates the ancient text of kundalini awakening and discusses the nadis, prana vayus, chakras, kundalini shakti, ajapa, gayatri and pranav. Includes original Sanskrit verses with transliteration and comprehensive commentary.



Prashnopanishad

The complete Sanskrit text of the 'Upanishad of Questions', along with the transliteration, translation and commentary.



Practical Yoga Psychology by Rishi Vivekananda Saraswati

Practical Yoga Psychology is an attempt to simply blend the teachings of yoga with those of psychology, psychiatry and other branches of Western science to give us an overview of the human personality, an idea of where we are going, and guidelines to proceed on our journey.



Yoga Darshan

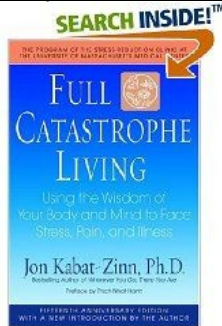
Taking a wholistic and practical view of spiritual life, the book introduces the philosophies from the Upanishads that have made yoga what it is.

Recommended books (not donated but recommended reading)

Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness (Paperback)

by [Jon Kabat-Zinn](#) (Author) "As I look around at the thirty or so people in this new class in the stress clinic, I marvel at what we are coming..."

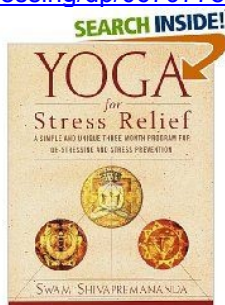
http://www.amazon.com/Full-Catastrophe-Living-Wisdom-Illness/dp/0385303122/ref=sr_1_8?ie=UTF8&s=books&qid=1220587178&sr=8-8



Yoga for Stress Relief: A Simple and Unique Three-Month Program for De-Stressing and Stress Prevention (Paperback)

by [Swami Shivapremananda](#) (Author) "Life consists of a series of involvements with others..."

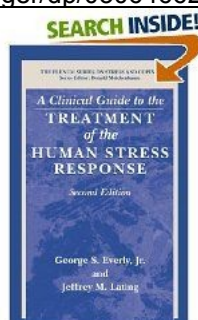
http://www.amazon.com/Yoga-Stress-Relief-Three-Month-Stressing/dp/0679778179/ref=sr_1_16?ie=UTF8&s=books&qid=1220587178&sr=8-16



A Clinical Guide to the Treatment of the Human Stress Response (Springer Series on Stress and Coping) (Hardcover)

by [George S. Jr. Everly](#) (Author), [Jeffrey M. Lating](#) (Author) "Scientists investigating human health and disease are now reformulating the basic tenets upon which disease theory is based..." ([more](#))

http://www.amazon.com/Clinical-Treatment-Stress-Response-Springer/dp/0306466201/ref=sr_1_20?ie=UTF8&s=books&qid=1220587223&sr=8-20



Stress and its Management by Yoga (Paperback)

by [K.N. Udupa](#) (Author), [R.C. Prasad](#) (Editor)

http://www.amazon.com/Stress-Management-Yoga-K-N-Udupa/dp/8120800524/ref=sr_1_2?ie=UTF8&s=books&qid=1220587642&sr=8-2

Disorders of stress and their management by yoga: A study of neurohumoral response (Unknown Binding)

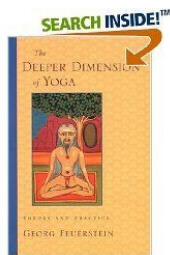
by [K. N Udupa](#) (Author)

http://www.amazon.com/Disorders-stress-their-management-yoga/dp/B0006E7RGK/ref=sr_1_3?ie=UTF8&s=books&qid=1220587642&sr=8-3

The Deeper Dimension of Yoga: Theory and Practice (Paperback)

by [Georg Feuerstein](#) (Author) "IN THE WEST, YOGA is widely practiced as a form of calisthenics or fitness training..." ([more](#))

http://www.amazon.com/Deeper-Dimension-Yoga-Theory-Practice/dp/1570629358/ref=sr_1_5?ie=UTF8&s=books&qid=1220587642&sr=8-5



The Yoga Tradition of the Mysore Palace

by N. E. Sjoman (Author)

http://www.amazon.com/Yoga-Tradition-Mysore-Palace/dp/8170173892/ref=sr_1_1?ie=UTF8&s=books&qid=1282702954&sr=8-1

This book traces the developmental years of the Ashtanga Yoga tradition of K. Pattabhi Jois as well as the Iyengar system through exploration of the early years at the Mysore Palace. It also depicts an ancient text called: SRITATTVANIDHI. It is recommended for anyone wishing to understand more about the formative years of two of the world's most popular and dynamic teachers: K. Pattabhi Jois and BKS Iyengar as well as their teacher: Krishnamacharya of Mysore

