



The Ghreanda Samhita

By S.C. Vasu

Sri Satguru Publications, Delhi, India, 2005. Softcover. Book Condition: New. First Edition. The Gheranda Samhita is one of the important texts of Hatha Yoga. The Book is a discourse between the sage Gheranda and Candakapali. The book is divided into seven chapters, dealing with the training of the physical body, Asanas (postures), Mudras, Pratyahara (restraining the mind), restraining the breath (Pranayama), contemplation (Dhyana) and Samadhi (liberation). The book contains Sanskrit text in Devanagari along with English translation. Printed Pages: 89.



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