Yoga Yajnavalkya

By A G Mohan, Ganesh Mohan

Svastha Yoga, United States, 2013. Paperback. Book Condition: New. 228 x 152 mm. Language: English. Brand New Book ***** Print on Demand *****. The Yoga Yajnavalkya was considered by the great yogi Sri T. Krishnamacharya to be the most important and authentic classical text on yoga after the Yogasutras of Patanjali. Many other yoga texts, including the Hatha Yoga Pradipika and Gheranda Samhita have borrowed verses from this text. The Yoga Yajnavalkya takes the form of a conversation between the sage Yajnavalkya and his wife Gargi. The book is a well-structured presentation, following the eight limbs of yoga. An important feature of this text is the in-depth discussion of the kundalini and sound pranayama practices.

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Yoga Yajnavalkya has been added to your Cart. Add a gift receipt for easy returns. Share. Yoga Yajnavalkya Paperback – July 5, 2013. by. A. G. Mohan (Author). The Yoga Yajnavalkya demonstrates that Vedic culture provided women with equal opportunities and encouragement for their spiritual pursuits to attain freedom. This book dispels much of the aura of mystery surrounding the concept of Kundalini, by explaining it logically and relating it to other terms and concepts in Vedic thought, such as Agni, Prana, the nadis, and so on.

A highly prominent feature of this text, which clearly sets it apart from other texts on yoga, is the comprehensive discussion of Pranayama. Sometimes transliterated as: Yoga-Yajnavalkya, Yoga-Y AjJavalkya, Yoga-Yaajyavalkya. Yoga-Y AjJavalkya or Yogi-Y AjJavalkya a is a small work on Yoga attributed to the great sage Y AjJavalkya. It has 506 verses spread over 12 chapters. In an assembly of sages, G Ârgi and Maitreyi were also present. G Ârgi prostrated herself before Y AjJavalkya and requested him to teach the essence of yoga. The sage agreed and expounded its eight limbs as: Yama - ten disciplines like ahimsa or non-violence. The Yoga Yajnavalkya includes the 8 limbs as set out in the Yoga Sutras, but includes instructions on pratyahara, and discusses kundalini. The five means to turn inward. Pratyahara. Yajnavalkya now gives us five Pratyahara practices. One is called Pratyahara Vayu, or wind withdrawal. Instructions for Pratyahara Vayu are below.