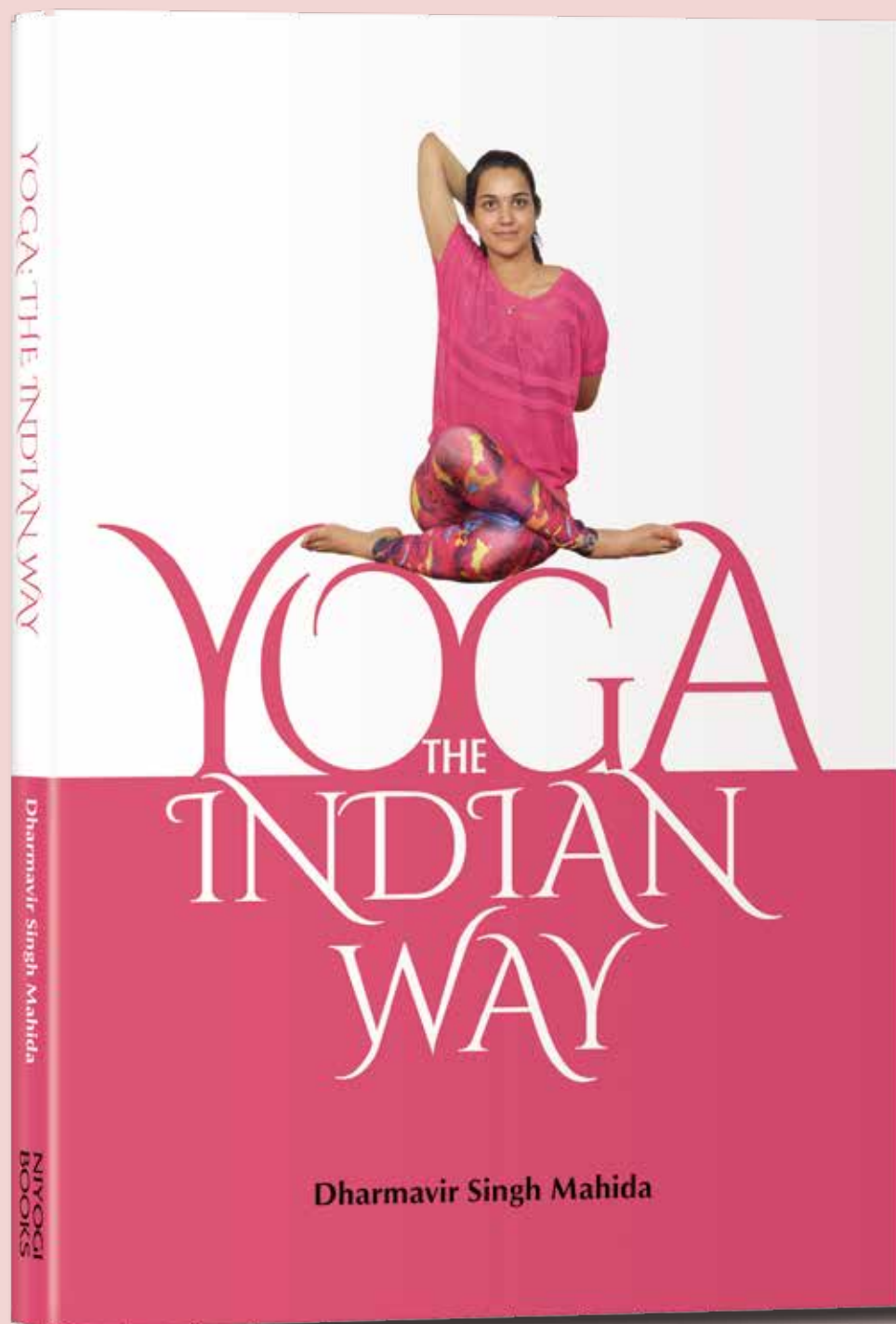


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# YOGA THE INDIAN WAY by

**Dharmavir Singh Mahida**

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**Y**oga: The Indian Way is not just another book on yoga. The simplified, yet effective and safe, methods for practising yoga, as shown in its pages, are meant for almost anyone between the ages of 8 and 80 years. They are based on traditional practices. The strength of this method lies in the judicious use of various items such as chairs, blankets or bed sheets, bolsters, cushions, beds, walls and so on, commonly found in every household. The younger generation, sportspersons and athletes have also been kept in mind, with sections on Surya Namaskar and Dynamic Yoga.

This book provides excellent guidelines to those who want to follow a spiritual path, but are confused as to where and how to start. It is an effort to put the great science and art of yoga in its right perspective by describing its background in simple terms without losing its essence. Chapters on ayurveda, curing ailments, a recommended weekly plan, all help enhance its appeal, making Yoga: The Indian Way an indispensable part of the reader's journey, physical as well as philosophical.

• **Meant for almost anyone between the ages of 8 and 80 years.**

• **Based on traditional practices.**

• **Provides excellent guidelines to those who want to follow a spiritual path, but are confused as to where and how to start.**



**Dharmavir Singh Mahida** had worked as an engineer for nine years in the automotive sector in Germany before he decided to quit and return to India to pursue his deep interest in yoga and philosophy. His new job took him to Pune, where he met his mentor, BKS Iyengar, with whom he worked at the Ramamani Yoga Institute for many years. An active sportsman, he has taught yoga at the Sports Medicine Centre of the Army, Navy and Air Force. This helped him to understand yoga from a different perspective. Dharmavir has years of experience in understanding the pure essence of yoga philosophy, along with Vedanta. In 1990, he set up a yoga institute in Pune where he teaches as well as trains yoga teachers. He has learnt Vedanta for many years under the tutelage of Swami Sat Swaroopananda and is also a student of Sanskrit. Dharmavir lives in Pune and has been teaching yoga for three decades in India and Europe.

