

Sivananda Yoga Asana Chart



Swami Sivananda

Swami Sivananda, one of the greatest Yoga masters of the 20th century, is the inspiration behind the Sivananda Yoga Vedanta Centers.

“Serve Love Give Purify Meditate Realize”

Founder of the International Sivananda Yoga Vedanta Centers, Swami Vishnu-devananda, was a world authority on Hatha and Raja Yoga.

“Health is Wealth. Peace of Mind is Happiness. Yoga Shows the Way.”



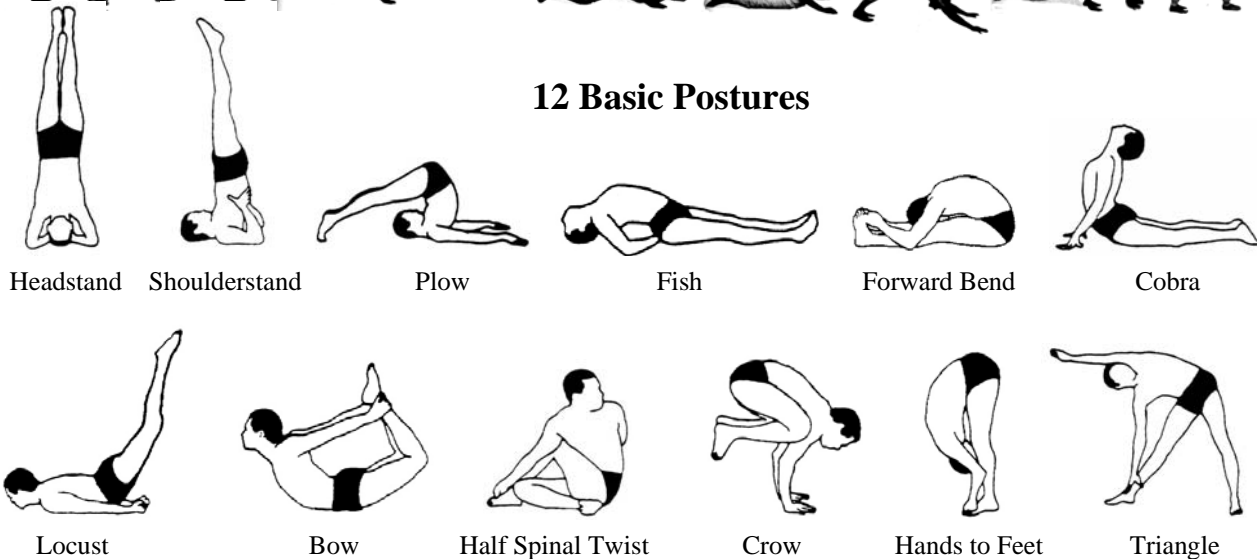
Swami Vishnu-devananda

Sivananda Yoga is a non-profit international organization with locations in many major cities worldwide. There are also rural retreat centers, which are great places to recharge with a yoga vacation. A Sivananda teachers training course is a great way improve your practice even if you don't wish to teach. The course gives you an opportunity to live in an ashram for one month to study yoga and meditation. Please check out the web site for more information. www.sivananda.org

Sun Salutation



12 Basic Postures



Sivananda Resources: All books and all your other yoga needs are available at www.sivananda.org

“Yoga Mind & Body” Beginner book on yoga, mediation, breathing, positive thinking and diet. This book also has many great tasting recipes.

“Complete Illustrated Book of Yoga” by Swami Vishnu-devananda. Very comprehensive book explaining yoga, breathing exercises, body and mind from a yoga perspective. A must have for any serious yoga student.

“Meditation & Mantras” by Swami Vishnu-devananda. Detailed book explaining Mantras and Mediation. This book also contains the Yoga Sutras of Pantanjali. The Yoga Sutra is the most authoritative book in the yoga tradition dealing with the structure and function of mind.

www.sivananda.org