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Four Chapters on Freedom: Commentary on the Yoga Sutras of ...

Four Chapters on Freedom contains the full Sanskrit text of Rishi Patanjali's Yoga Sutras as well as transliteration, translation and an extensive commentary. The Yoga Sutras, containing 196 epithets or threads of Yoga, is the most respected treatise on Yoga. In his commentary on each verse, Swami Satyananda Saraswati fully explains the text and the path of raja yoga.

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Swami Sivananda Saraswati Satyananda Saraswati (25 December 1923 – 5 December 2009), was a sannyasin, yoga teacher and guru in both his native India and the West. He was a student of Sivananda Saraswati, the founder of the Divine Life Society, and founded the Bihar School of Yoga in 1964.

Satyananda Saraswati - Wikipedia

Four Chapters on Freedom: Commentary on the Yoga Sutras of Patanjali by Satyananda Saraswati Patanjali is said to be the father of modern Yoga. His Yoga Sutras is the bible for yoga practitioners. There are four parts in Patanjali Sutras i.e., Samadhi Pada, Sadhana Pada, Vibhuti Pada, and Kaivalya Pada each containing 196 sutras or formulas.

7 Best Swami Satyananda Saraswati Books to Read on Yoga ...

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Swami Satyananda, Swami Niranjanananda, Swami ...

SWAMI SATYANANDA SARASWATI Swami Satyananda was born at Almora, Uttar Pradesh, in 1923 In 1943 he met Swami Sivananda in Rishikesh and adopted the Dashnami sannyasa way of life In 1955 he left his guru's ashram to live as a wandering mendicant and later founded the International Yoga Fellowship in 1963 and the Bihar

[Book] Kundalini Tantra Satyananda Saraswati

Last week, Australia's Royal Commission into Institutional Responses to Sexual Abuse heard testimonies from nine women who were children during the height of the abuse, four of whom had testified in a 1989 case against Satyananda's student Swami Akhandananda Saraswati who was allegedly the primary abuser at the ashram. Akhandananda was convicted at the end of the trial and sentenced to prison (he served 14 months and was released on a technicality).

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About Swami Niranjanananda Saraswati. Guided by his guru, Swami Satyananda Saraswati, from birth, at the age of four Niranjanananda came to live with him at the Bihar School of Yoga in Munger where he received training in yogic and spiritual sciences through yoga nidra.

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Born on 25 December 1923 in Almora, Uttarakhand, Swami Satyananda Saraswati is one of the greatest saints of this century, who, by incorporating yoga into every sphere of society, ensured the spiritual uplift of people of all classes, nations, and religions.

Satyananda Yoga | Satyananda Yoga Poses - 101YogaStudio

SWAMI PRAGYAMURTI SARASWATI. Swami Pragyamurti has been Director of the Satyananda Yoga Centre London for over fifty years. Her interest in the spiritual path began in the sixties when she came into contact with the teachings of the Bihar School of Yoga and its founder, Swami Satyananda Saraswati.

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