



# Integral Yoga Hatha

*Sri Swami Satchidananda*

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## **Integral Yoga Hatha** Sri Swami Satchidananda

In print constantly since 1970, this large format Hatha Yoga instruction guide is now recognized as a classic in its field. Over 160 large photographs show Hatha expert Sri Swami Satchidananda performing more than 80 postures, breathing practices, relaxation, cleansing and concentration techniques. Instructions are easy to follow and describe how the body and mind benefit from each pose. Practice routines for beginning, intermediate and advanced students are suggested.

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