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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 ...

Satyananda Saraswati(25 December 1923 – 5 December 2009), was a sannyasin, yogateacher and guruin both his native Indiaand the West. He was a student of Sivananda Saraswati, the founder of the Divine Life Society, and founded the Bihar School of Yogain 1964.

Satyananda Saraswati - Wikipedia

Swami Niranjanananda Saraswati was born in Rajnandgaon (Chhattisgarh) in 1960. Guided by his guru, Swami Satyananda Saraswati, from birth, at the age of four he 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.

Welcome to Bihar Yoga - Swami Niranjanananda Saraswati

Sri Swami Satyananda Saraswati was born in 1923 at Almora (Uttaranchal) into a family of farmers.

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His ancestors were warriors and many of his kith and kin, including his father, served in the army and police force. However, from an early age it became evident that Sri Swamiji had a different destiny, as he began to have spiritual experiences at ...

Welcome to Bihar Yoga - Sri Swami 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).

Satyananda Yoga Reeling from Horrific Details of Sex Abuse ...

Swami Satyananda Saraswati . CONTENTS. Introduction to Kundalini Tantra . Section I - KUNDALINI. 1. Ye Man, Tame the Kundalini . 2. What is Kundalini? 3. Kundalini Physiology . 4. Kundalini and the Brain . 5. Methods of Awakening . 6. Preparing for the Awakening . 7. Diet for Kundalini Awakening . 8. Risks and Precautions 1

Kundalini Tantra - Mystic Knowledge

Four Chapters on Freedom is a commentary by Swami Satyananda Saraswati in which he unravels the meaning of the Sutras, verse by verse. Every word of each sutra is significant, and a deep understanding of Sanskrit, as well as the insight of an enlightened master, is needed to interpret them for the modern reader.

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

Swami Niranjanananda Saraswati was born in Rajnandgaon (Chhattisgarh) in 1960. Guided by his guru, Swami Satyananda Saraswati, from birth, at the age of four he 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.

Swami Satyananda, Swami Niranjanananda, Swami ...

In 2001 she joined the four-month certificate course in the ashram, which inspired her to become a Satyananda Yoga teacher. She completed her training with Swami Vedantananda in 2003. Keen to integrate her art teaching and yoga she completed the BWY Yoga for Children module with Swami Vedantananda and she currently runs yoga and art workshops ...

About - Satyananda Yoga Centre London — Satyananda Yoga Centre

SWAMI NIRANIANANANDA SARASWATI Swami Niranjanananda was born at Rajnandgaon, Madhya Pradesh, in 1960. At the age of four he joined the Bihar School of Yoga and was initiated into Dashnami sannyasa at the age of ten. From 1971 he travelled overseas and toured many countries for the next 11 years. In 1983 he was recalled to India

Swami Satyananda Saraswati - Yoga Teacher Training in ...

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Beyond this connection, Swami Satyananda is also directly responsible for our marriage and family life. In 1997, at his direct request, we got married in Rikhia as human representations of the Sita and Rama murtis at the Sita Kalyanam puja. Our wedding was organised by Swami Satyananda, and took place with him in front of several thousand people.

Total Yoga Nidra and Swami Satyananda: where we stand now ...

Most of the alleged abuse occurred at the hands of Satyananda's disciple, Swami Akhandananda Saraswati, a convicted pedophile and sadist who was masquerading as a peace-promoting, celibate leader...

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Star power: Swami Satyananda Saraswati brought his movement to Australia at the invitation of

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former television host Roma Blair, pictured. For Sanatan, now 63, the ashram presented a utopian ideal.

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