



Healing Yoga: A Guide to Integrating the Chakras With Your Yoga Practice

By Swami Ambikananda Saraswati



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Healing Yoga is the first fully illustrated book to outline the connection between yoga and the chakras, the body's vital energy centers where our spiritual and physical well-being dovetail. Practicing this form of yoga, according to the author, maximizes the benefits of restoring balance and harmony and maintaining vitality. Detailed in full-color photos are the asanas, breathwork, mudras, visualizations, and mantras which connect to each chakra. These color photographs throughout the book make the yoga positions easy to follow and understand. Healing Yoga also includes a section on yoga for specific ailments, including migraines, high blood pressure, and depression. The author, a highly regarded Hindu monk, has been teaching yoga for more than twenty-five years.

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About the Author

Swami Ambikananda Saraswati is a Hindu monk who has been teaching yoga and Vedanta philosophy for over twenty-five years. At her clinic and in workshops and seminars, she combines yoga therapy, acupuncture, massage, and herbs, to achieve a complete healing system. The author of *Principles of Breathwork*, she lives in Reading, England.

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