



The Sivananda Yoga

Training Manual

Health is Wealth. Peace of Mind is
Happiness. Yoga shows the way:

- Proper Exercise (*Asanas*)
- Proper Breathing (*Pranayama*)
- Proper Diet (*Vegetarian*)
- Proper Relaxation (*Savasana*)
- Positive Thinking and Meditation
(*Vedanta and Dhyana*)

A comprehensive step-by-step manual for beginners
as well as more advanced students of Yoga

Including:

- The 5 Points of Yoga
- The 12 Basic Asanas
- The Sun Salutation
- Basic Yogic Breathing Techniques

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The Sivananda Yoga

Training Manual



Sivananda Yoga Vedanta Centre

Training Manual

Sivananda Teacher Training Manual

Shasha Hu



Sivananda Teacher Training Manual:

Delve into the emotional tapestry woven by in Experience **Sivananda Teacher Training Manual** . This ebook, available for download in a PDF format (PDF Size: *), is more than just words on a page; it's a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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