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Spiritual leader and yoga expert responsible for popularising the concept of yoga outside India. He is the author of over 80 books, including Dynamics Of Yoga: The Foundations Of Bihar Yoga, Tattwa Shuddhi: The Tantric Practice Of Inner Purification, and his best known work, Asana Pranayama Mudra Bandha.

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Satyananda Saraswati, 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. He wrote over 80 books, including his popular 1969 manual Asana Pranayama Mudra Bandha.

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Swami Satchidananda, was an Indian religious teacher, spiritual master and yoga adept, who gained fame and following in the West. He was the author of philosophical and spiritual books. He had a core of founding disciples who compiled his translations and updated commentaries on traditional handbooks of yoga such as the Yoga Sutras of Patanjali and the Bhagavad Gita for modern readers.

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About the Author Swami Satyanada Saraswati is an authority on Yoga and more than anything else the popularity of his other books more than prove his prowess in his intense knowledge and the easy to understand language style. He is the Founder of Bihar School of Yoga, the only school of it's kind. Page 1 of 1 Start over Page 1 of 1

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