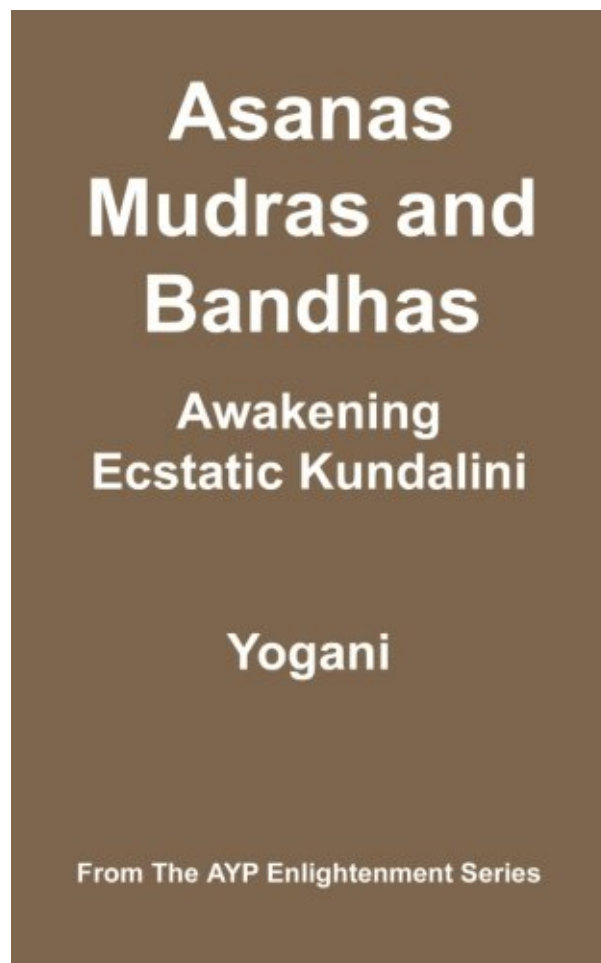


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Yogani is the author of the Advanced Yoga Practices (AYP) system, including more than a dozen Instructional Titles available in Paperback, Kindle eBook and AudioBook editions, covering all aspects of Full-Scope Yoga Practice. Since 1970, he has crossed the lines between many traditions, developing an effective integration of methods including Deep Meditation, Spinal Breathing Pranayama, Hatha, Kundalini, Tantra, Self-Inquiry, and more. It is a flexible, scientific approach rather than a rigid, arbitrary one, and open to public scrutiny, as all spiritual knowledge should be nowadays. He has no desire for guru status - only to have the joy of making a small contribution to helping the disciplines of spiritual practice become open to everyone. He wishes to remain anonymous, preserving a quiet life in practices. AYP is not about the author. It is about all who long for knowledge. ?

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"Asanas, Mudras and Bandhas - Awakening Ecstatic Kundalini" provides a practical approach for incorporating yoga postures and specialized inner physical maneuvers into a compact daily routine of practices that includes spinal breathing pranayama and deep meditation. Kundalini awakening is covered with clarity, including a discussion of symptoms and specific methods for self-pacing and regulating the inner energies to provide for progressive and safe unfoldment of abiding inner silence, ecstatic bliss and outpouring divine love - the essential characteristics of rising enlightenment.

Yogani is the author of ground-breaking books on highly effective spiritual practices, including: Advanced Yoga Practices - Easy Lessons for Ecstatic Living (two comprehensive user-friendly textbooks), and The Secrets of Wilder, a powerful spiritual novel.

The "AYP Enlightenment Series" makes these profound practices available for the first time in a series of concise instruction books. "Asanas, Mudras and Bandhas" is the fourth book in the series. The third in the series is "Tantra - Discovering the Power of Pre-Orgasmic Sex." The second is "Spinal Breathing Pranayama - Journey to Inner Space." The first is "Deep Meditation - Pathway to Personal Freedom."

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Excellent book of ananas for beginner or advanced Yoga practitioners

By Shanti

This has to be one of the most well balanced yoga books written. This book crushes the misconception that "yoga" is just "asanas"/postures. The fact that yoga actually has eight limbs and asanas are just one of the eight limbs, is forgotten by many in the yoga world. Asanas are not just about physical fitness and relaxation. Along with deep meditation and spinal breathing pranayam, asanas play a very important role on the spiritual path.

This book has real easy to follow instructions that are arranged in a clear and logical way and can be a great starter kit of asanas for beginners, which they could later follow up by more advanced practices like mudras and bandhas. This book can also be used by advanced practitioners to improve their asanas by adding advanced mudras and bandhas like Nauli, Jalandhar bandha, Kechari mudra, Yoni mudra, Maha mudra and many more... all included in this book. Also, here is one of the clearest discussions on third eye and spinal nerve purification and opening you will find anywhere.

Although not recognized by many, just doing asanas does not really satisfy the desire for inner peace, there is always a feeling that something is missing. This book explains that something. This is definitely not the first book on asanas, however it is the best and most practical book available, I have seen, that shows how asanas fit into the eight limbs of yoga. Just don't be fooled by the simplicity of the contents of the book. The asanas, mudras and bandhas explained in this book are really powerful and need to be approached with care. As long as you follow the instructions you can safely maneuver your way through.

Another indication that this is a serious book on yoga is the fact that it clearly covers Kundalini awakening and how to safely manage the rise of permanent ecstatic conductivity in the body. This book is the real thing ... highly recommended for anyone from beginner to advanced who is serious about the whole of yoga.

10 of 10 people found the following review helpful.

Physical yoga postures for the benefit of meditation

By Bill

I've only just started practicing the fourteen yoga postures described in this book and can already feel the difference in my meditation. Concentration is better, the body is looser, and my meditation is deeper. I haven't even looked into the more powerful steps to enhance these postures, but I am looking forward to them. A paced approach to yoga is emphasized in all of Yogani's work and is necessary to keep from burning out.

While many yoga books contain more postures, Yogani chose only fourteen. This was a deliberate approach and after doing various stretching routines, I can attest that these fourteen are ideal to prepare for meditation. They can be done quickly, they move the blood around, and help to quiet the mind. There is nothing extra here, just what you need to do to get ready for meditation...no fluff, nothing extra, nothing omitted.

The mudras section delves into some pretty serious yoga stuff that you can get a overview of on the AYP website. As usual the writing here is more polished, the techniques better explained, and the ideas expanded upon.

If you are looking to deepen your meditation, get started with some physical yoga postures, or want to learn some advanced practices then pick this gem up!

7 of 7 people found the following review helpful.

Really explains THE POINT of asanas and how to do them

By Anthony

This is another of Yogani's fine books in the Advanced Yogic Practices Enlightenment Series. This one deals with asanas (postures), bandhas (blocks), and mudras (seals). As usual with Yogani, we are presented with

not only very practical and easy to follow information, but also the essential guidance and wisdom that solidifies the practices for the layman.

This is not a comprehensive encyclopedic guide to asanas. It is more a book about WHY asanas are important to yoga and how they fit into the whole scheme of yoga. This is important nowadays because when people think of "yoga" they think of postures which is really 1/8th of the whole picture, perhaps less. He puts yoga asanas into perspective and explains how to integrate them into your core sadhana practice alongside meditation and pranayama. He does offer a 10 minute series of asanas and it is very effective and is one of the main sequences I do every day. It is simple and applicable to anyone from the beginner to an advanced practitioner. He demonstrates that you do not have to bend yourself into a pretzel and stand on your head to do asanas, nor look like the fitness instructors performing "yoga" on the television. This is a real book on real yoga asanas. if you are looking for a Westernized "Yoga for your thighs and buns" this is not your book. If you are looking to learn about the function and place of asanas in the broad spectrum of Yoga, then this is for you.

His section of mudras and bandhas is also very nice in that he not only explains how to perform them, but also guides you on how to integrate them into your various practices like pranayama or asanas.

If you want to know what yoga postures actually do and go beyond yoga-for-fitness, then I really recommend this book.

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