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Anatomy and Physiology of Yogic Practices

The rationale of yogic practices in terms of anatomy and physiology would remove many misconceptions about them. Dr. Makarand Gore has been teaching this subject to the students of G.S. College of Yoga and Cultural Synthesis for quite some years. This book is written out of a long felt need of the students of yoga.

Anatomy and Physiology of Yogic Practices

The technique, mechanism and the effects of Yogic practices on human body and mind have been explained in terms of anatomico-physiological principles, on the basis of the scientific research in yoga. The book has been translated in Italian, German, Marathi, and Hindi languages.

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