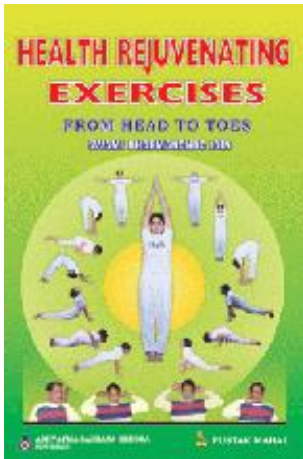




Health Rejuvenating Exercises



Author: Swami Dharmananda Jain

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Yoga, of late, has emerged as more effective form of physical exercise compared to many others. But despite its wide acceptance many of us are looking for still more easy forms of traditional yogic exercises.

For all those a little wary of yoga, here is a manual they can follow with ease and convenience.

Evolved in a process of over five decades of teaching by Swami Dharmananda Jain, the yogic kriyas presented here with illustrations bring you an ideal head-to-toe exercise discipline you can practise without the personal help of a teacher.

The book covers Exercises for:

*Head, Ears, Nose, Teeth, Eyes, Full Face

*Neck, Shoulders, Elbows, Wrists

*Fingers, Whole Arm, Chest, Hips and Thighs

*Knees, Waist, Back and Large Intestine

*Ankle Joint, Legs, Tendons

*Muscles and Toes...besides Breathing exercises...

and exercises to bring out Nouli.

About the author:

A true Yogi, Swami Dharmananda Jain started learning Yoga when he was just a schoolgoing child.

He received his teachings and guidance from great saints like Acharya Shri Tulsi, Acharya Shri Mahapragya, Swami Yogeshwaranand and Swami Narayan Giri.

From 1975 onwards, he has been organising several meditation camps all over India and has also been teaching many people about meditation.



He has also been associated with doctors of the All India Institute of Medical Sciences in their research works on prevention of heart ailments, asthma, diabetes, etc.

In his meditation centre, he also taught the soldiers and other people who went to Antarctica in 1993 and to those who went to Leh in 1995 for the DIPAS Mission to understand the effects of Yoga at higher altitudes.

He From 1975, he has also been studying Colour Therapy and has taught many people about this theory. As a chemotherapist, he has given many lectures in various forums.

He has authored many books and written various articles on Colour Therapy. He is the sole Indian member of the International Colour Therapy Association of England.

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