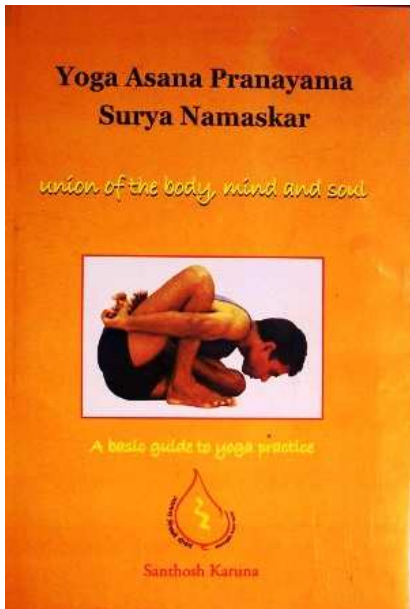


Yoga Asana Pranayama Surya Namaskar

By Santhosh Karuna



In *Yoga Asana Pranayama Surya Namaskar* (2008), Santhosh shares his insights about yoga today, yoga practice, and provides step-by-step guidance to basic yoga asanas and pranayama techniques that are the foundation to building a strong yoga practice. This basic handbook is suitable for anyone interested in yoga, especially beginners.



Book inauguration at Varkala, Kerala in the presence of Sri Radhakrishnan, member of the Indian Parliament, and Dr. Anita Jacob, Director of Indian System & Medicine.