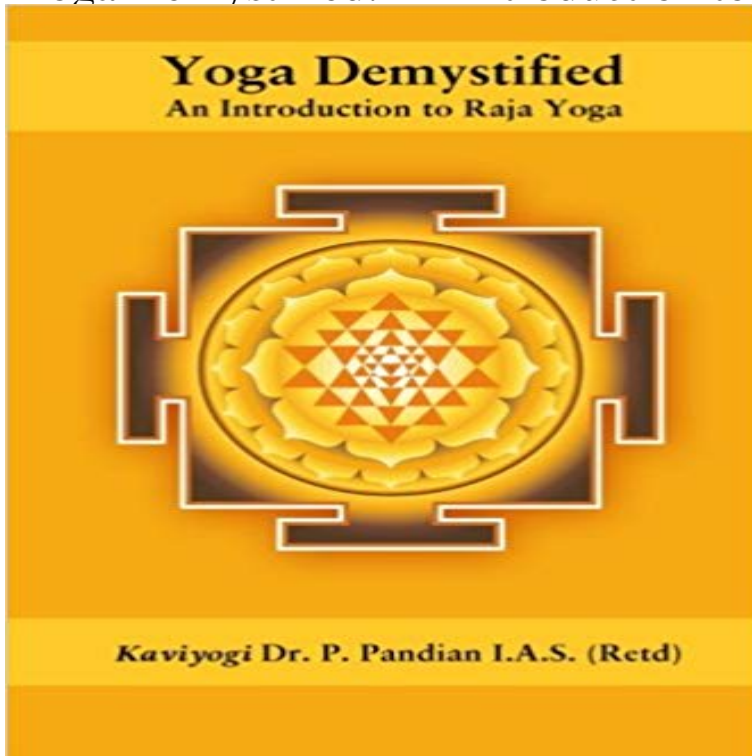


## Yoga Demystified: An Introduction to Raja Yoga



Today we find a plethora of books on Yogic postures. We also find a number of books on the subtle body and certain books containing mystical details on the experiences of Yogis in their encounters with God. Sadly, many of these books are highly esoteric and beyond the comprehension of the common person. To bridge this gap, many have been requesting me to write a book on Yoga for the average person. They recommended that such a book should contain guidance for doing a minimal set of Asanas for the gross body, some guidance on developing the subtle body, clearing the way for an encounter with the causal body - all in one compendium. The approach taken in this introductory book is to guide the aspirants toward the ultimate encounter with Truth through the eightfold steps of Raja Yoga.

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