



# Yoga And Long Life

*Yogi Gupta*

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Yoga And Long Life by Yogi Gupta

Illustrated with photographs of the author.

It is only recently that people of the Occident have generally begun to be educated to an understanding of the significance and benefits of Yoga. With this understanding has come the realization that Yoga is not a form of esoteric magic but a refined science of living which disciplines the mind as well as the body and is universally applicable.

Yoga and Long Life is a handbook directed to the average student for whom it is sufficient to know that Yoga is a system of mental and physical training with prescribed postures, breathings exercises, meditation and relaxation. It presents a simple definition of the philosophy of Hatha Yoga, together with a series of exercises, illustrated by photographs of the author, including Yoga Postures for Beginners, Main Postures of Yoga and Postures for Advanced Students.

Yogi Gupta was President of the Kailashananda Mission on the banks of the Ganges. In connection with his teachings in the United States, where he has a large following, he presented this concise philosophy and these easy techniques of Yoga exercise to facilitate the comprehension and practice of Yoga in the West.

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