The Holistic Healing Power of Yoga, ISBN: 13:978-0-9987736-1-2
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The Holistic Healing Power of Yoga (THHPY) comprise of seven modules that begins with yoga's definition, the moral and divine foundation, history, philosophy, evolution of yoga into yoga therapy, benefits and limitations, different types and paths, yoga sheaths, lifestyle trends, cleansing practices and preparation before practice. In this chapter alone, the reader and a newbie yogi will learn vast knowledge about yoga that will put their apprehensions at ease before embracing the practice.

Module II contains the posture illustrations grouped into standing, sitting, prone and supine with variations, options and progressions and they are identified with their English and Sanskrit names. They are numbered so they can be crossed referenced in Module VII. The postures are very welcoming and simple.

Module III – *Pranayama* (breathing). Here are the physiology, the major and minor energy channels (*nadis*) and their functions. They are explained along with benefits of proper breathing, the different types of breathing, how to execute them, the DOs and DON'Ts before the practice and gestures (*mudras*) and locks (*bandhas*) to execute for better techniques and enhancements.

Module IV – Meditation (*Dhyana*). In this chapter, the meaning of meditation is clearly defined; its benefits, preparation, identifying obstacles and different meditation techniques are recommended.

Module V – *Ayurveda* (Science of Life). *Ayurveda* definition, origin, history, attributes, diet and nutrition and a human being's unique precis are discussed along with diet and nutrition. This chapter provides ample food charts for *dosha* balancing guidelines.

Module VI – *Kundalini*. As the yogi becomes engaged in the practice, after taking care of the body through exercise and diet, it makes total sense that in order to make the triads of healthy living complete, an understanding of *kundalini* is vital. *Kundalini*, represents the "higher self" or the wisdom after the release of the *Shakti.* In this chapter, those phenomena are explained along with the *chakras,* the rising and its support.

Module VII – How to Implement a Personal Practice. This is the most valuable chapter as it provides a customized practice and implementation to create a unique profile. The yogi can formulate a practice to tailor his/her goals and aspirations based on an overall self-assessment according to all of the different components of yoga as provided in this book. The charts for postures illustrated in Module II can be referenced to select for physical benefits or limitations and therapeutic benefits and limitations.

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