

Contents

Preface

ix

Introduction: Freedom Awaits

xiii

Chapter 1

The Inward Journey

3

Chapter 2

Stability—The Physical Body (*Asana*)

21

Chapter 3

Vitality—The Energy Body (*Prana*)

65

Chapter 4

Clarity—The Mental Body (*Manas*)

107

Chapter 5

Wisdom—The Intellectual Body (*Vijnana*)

147

Chapter 6

Bliss—The Divine Body (*Ananda*)

187

Chapter 7

Living in Freedom

227

Asanas for Emotional Stability

267

Index

271