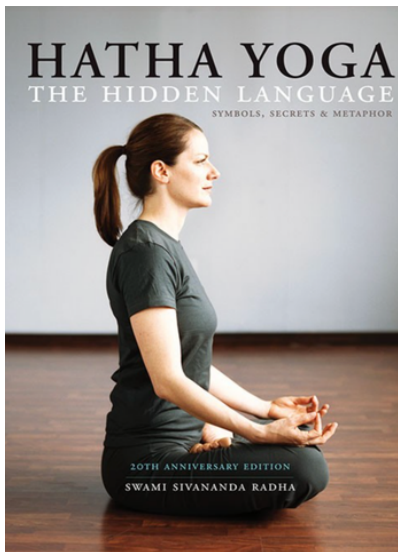


The Divine Light Invocation

\$18.95

By Swami Sivananda Radha

Swami Sivananda Radha's classic guide to the Divine Light Invocation, with in-depth instructions and the extended story of the origins of the practice. This book contains what is regarded as one of Swami Radha's most important teachings.

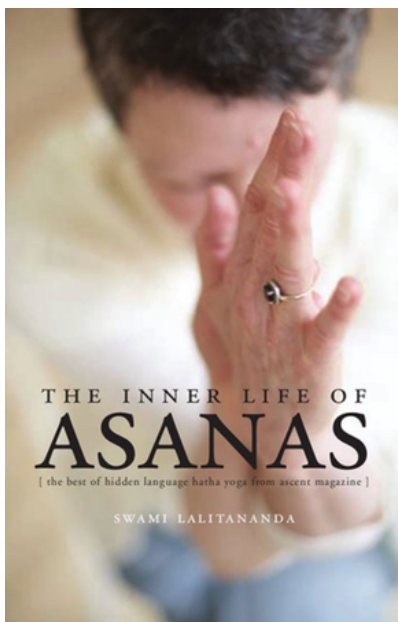


Hatha Yoga: The Hidden Language

\$32.95

By Swami Sivananda Radha

Experience the power of Hatha Yoga as a tool for spiritual transformation. Providing symbolic and mythological context for each asana, the Hidden Language method encourages you to take Hatha beyond the physical.

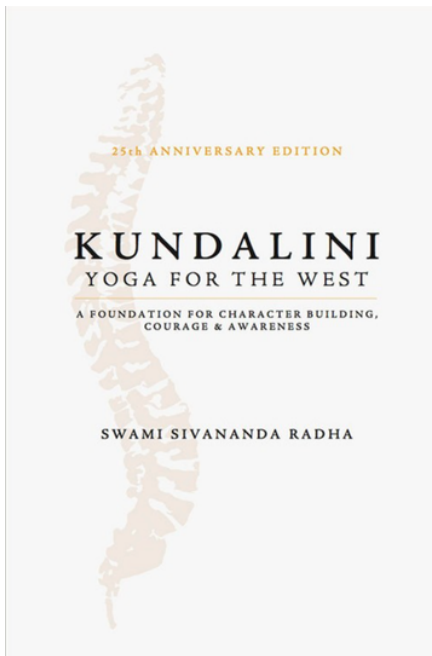


The Inner Life of Asanas

\$25.95

By Swami Lalitananda

Since 1999, Swami Lalitananda, has been the Hidden Language Hatha Yoga columnist at ascent magazine. Now, the best of her writing has been anthologized in a new instructional manual on the Hidden Language technique. Inspired by Swami Sivananda Radha's Hatha Yoga: The Hidden Language, *The Inner Life of Asanas* blends real-life reflections with Hatha Yoga instruction and penetrating questions that point to the spiritual roots of the practice.



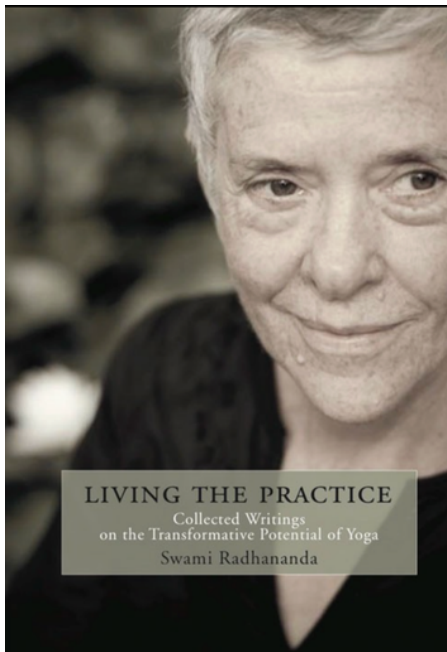
Kundalini Yoga for the West – Softcover

\$24.95

By Swami Sivananda Radha

Kundalini Yoga is the path to freedom. Swami Radha has translated the esoteric teachings of Kundalini into a practical guide for self-investigation.

This classic yogic text is a resource for personal development, with the tools for discovering our true source of knowledge and inspiration. Using reflection exercises, meditations and breathing techniques, Swami Radha takes us step by step, chakra by chakra, through an exploration of consciousness.



Living the Practice: Collected Writings on the Transformative Potential of Yoga

\$19.95

By Swami Radhananda

“How do you live your yoga practice? Start small. Make a commitment. Follow through. Keep doing it until it works for you. Test it out – don’t just do a practice in your room. Try it in real-life situations. You can bring the practices into whatever you do – cooking, gardening, driving your car, working, being with people. An ordinary life infused with practice becomes a meaningful life.”