



HOLISTIC HEALTH Series

Ever wondered how some individuals manage to be always energetic, pleasant and carry a steady demeanor? What is the secret? The answer perhaps could be Yoga - the age-old system of education that adopts an integrated approach towards well-being.

This issue delves deep into the subject of Yoga Asanas - its foundation, objectives and multifold benefits; from a theoretical and functional perspective.

Warmly,
[The Editorial Team](#)



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All skill, intelligence and competence will not lead to fulfillment, if one cannot achieve a balance of the body and mind. So says the Sadhguru. He beautifully articulates the importance of Yog Asanas and their role in health, productivity and success. [More](#).



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Most of us have a surface understanding of Yog Asanas - the set of body postures that lead to a positive physical and mental outlook. But that isn't enough.

This note is a fascinating exploration of how the science of Yog Asanas came about, its evolution and how it is aimed at every part of the body. Knowing one's posture is crucial, because it accurately reflects one's state of mind. [More](#)

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