



HOLISTIC HEALTH Series

Hi,

As you're aware, every issue of *Sattva* this year has unraveled a new facet of holistic health. The past issues have dealt with Elements of holistic health, Ayurvedic perspective of the Human Body, Ahaara (Diet & Nutrition), Yog Asanas, Prana (Vital energy) and Pranayama.

This time, we dwell on the softer aspects of one's personality. These include discipline, self-control, abstinence, and personal conduct. In short, it is about practicing the Yogic way of life.

Warmly,
[The Editorial Team](#)



Video Case Study
Practical Approach to Life



Things are not always what they seem. Two gurus explain the virtues of seeing truth as it is and things, as they are. And the sustained effort it demands to unshackle our preconditioned thinking and rise above animal instincts to lead a life of equanimity. Don't miss. It is mesmerising. [More.](#)



Holistic Health Series
Achaara (Discipline & Harmony)

Achaara refers to the mental make-up necessary to maintain good conduct and a positive demeanor. But it is not a switch-on, switch-off thing as per convenience. It calls for sustained and genuine practice.

This note describes the different aspects of *Achaara*, its components (*Yama & Niyama*, and *Parikarmas*) and how it helps in bringing about rejuvenation of the body and mind. [More](#)

Sattva Archives



June 2018
[Pranayama for Vital Health](#)



May 2018
[Prana - The Universal Motive Force](#)



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