

## Yogashastra-Tome 3



The Ramamani Iyengar Memorial Yoga Institute and the Light on Yoga Research Trust have devised a special course on yoga for children and teenagers between the ages of 9 to 18 years. This course has been divided into five levels. A syllabus has been drawn for each level taking into consideration the physical development and the intellectual capabilities of the children in the various age groups. It addresses the various stresses and concerns that the children face in their growing years.

This is the third book in the series and is divided into six parts. The first part teaches artful living and the guru-sishya parampara; the second deals with the science of yoga focusing on the types of sadhana (practice), the link between practice and renunciation and the final three aspects of ashtanga yoga.

The next two parts provide a brief introduction to two eminent yogis and information about the digestive, respiratory, circulatory and uro-excretory systems.

Then, the next part is about the practical aspects describing the detailed techniques and effects of various asanas with illustrations of not only the asanas but the intermediary positions too. This would be of great use to the teachers. The final section in this part is about the application wherein the kids are told on what asanas they can do to recover from common ailments that they tend to suffer at this age such as cough, cold, anxiety among many others.

This is followed by a practice guide. Although the book is written for children, it provides guidance to the parents and teachers too.

This book is published by RIMYI and YOG.