

Yoga Rahasya



"Aharasuddhau Sattvasuddhih
Sattvasuddhau Dhruva Smritih
Smritibabhe Sarvagrantheenam Vipramokshah."
Chandogya Upanishad (VII.xxvi.2)

Yoga Rahasya

Vol.26, No.3; 2019

Guruji on food	...	03
Stick to yoga. It will guide your diet!	...	08
Our scriptures on food	...	12
Guruji's quotes on food and diet	...	25
Practical tips on food for yoga practitioners	...	28
Dietary habits of our family	...	30
Memory recall	...	33
Guruji's diet in his nineties	...	36
Feeding the people of Bellur	...	38
Guruji's food and diet during his travels	...	41
Lunch with BKS Iyengar	...	48
What should we eat	...	52
Yoga and diabetes	...	55
Turning point	...	66
New release	...	68
The end of an era	...	69