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Saraswati, was a

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both his native India

and the West. He was

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the founder of the

Divine Life Society,

and founded the Bihar

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1964. He wrote over
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allegedly the primary

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abuser at the ashram.

Akhandananda was
convicted at the end
of the trial and

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Director of the

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one of the earliest schools of Indian philosophy and most systems, including yoga, have been drawn from or influenced by it.

Samkhya is a dualistic philosophy and postulates two eternal realities: Purusha, the witnessing consciousness, and Prakriti, the root

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cause of creation,

composed of the

three gunas.

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Welcome to

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Bihar Yoga - Yoga

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Satchidananda, born

as C. K. Ramaswamy

Gounder and known

as Swami

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Satchidananda, was an Indian religious teacher, spiritual master and yoga adept, who gained fame and following in the West. He was the author of philosophical and spiritual books. He had a core of founding disciples who compiled his translations and

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updated

commentaries on
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About the Author

Swami Satyanada

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Saraswati is an authority on Yoga and more than anything else the popularity of his other books more than prove his prowess in his intense knowledge and the easy to understand language style. He is the Founder of Bihar School of Yoga, the only school of it's kind. Page 1 of 1 Start

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