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Asana (Sanskriet: आसना, āsana, 'zit(ten)', '(ver)blijven'; 'houding') staat binnen de hatha-yoga voor een lichaamshouding waarmee de yogabeoefenaar zich fysiek rekt en strekt om daarmee lenigheid, gevoel voor evenwicht, uithoudingsvermogen en vitaliteit te ontwikkelen. De beoefenaar leert echter ook aandacht en alertheid, wanneer hij zich concentreert op het innerlijke beeld, de beweging ...

Asana - Wikipedia

Selvarajan Yesudian: Raja-Yoga – Der königliche Weg. Aquamarin, Grafing 2008, ISBN 978-3-89427-387-3. Alice A. Bailey: Der Yoga-Pfad. Karl Rohm 1963, ISBN 3-87683-119-9. Iqbal Kisheu Taimni: Die Wissenschaft des Yoga. F.Hirhammer, 1982, ISBN 3-921288-80-0. Einzelnachweise

Raja Yoga - Wikipedia

Selvarajan Yesudian: Sport és jóga ISBN 9639416150 dr. Arany György : Gyógyító természet (1940-es évek, reprint 2001) ISBN 9639330531 dr. Halász Henrik : Meglepő sikerű gyógyítás böjtkúra útján

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