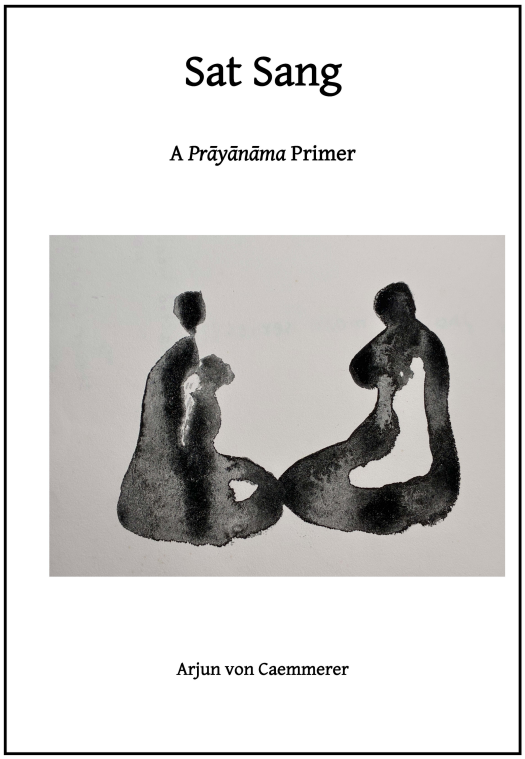
SAT SANG – A Primer on Prāyānāma [Book + Audio CD]

Arjun von Caemmerer (Foreword by Stephanie Quirk)



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SAT SANG primarily concerns the intersection of *Prāṇāyāma*, the yogic 'breathing practices', with poetry, a novel conjunction the author has dubbed '***Prāyānāma***'. This work, deeply steeped in Sri BKS Iyengar's yoga methodology and Patañjali's pragmatic yoga philosophy (as encapsulated in his **Yoga Sūtra**) will be of interest to all serious students of yoga, including practitioners and teachers.

Sat Sang touches on the practical application of ***Prāyānāma*** to the interrelated yogic practices of *Prāṇāyāma*, *Japa* (mantra recitation), *Dhyāna* (sitting meditation) and *Śavāsana*, the *āsana* that is perhaps the most fundamental of all the yoga postures. In venturing into these territories, **Sat Sang** aims to introduce an additional dimension to yoga practice, one that complements and supplements existing approaches, rather than supplanting or replacing them.

The foreword has been graciously penned by **Stephanie Quirk**, internationally recognised as a leading authority, seasoned and skilled, in the therapeutic applications of Iyengar Yoga.

The **Audio CD**, voiced by the author, includes 14 poems (including words from the 11th Century King Bhoja and the 17th Century Thomas Traherne) as well as *Morton's Method*, a detailed, guided *Śavāsana*, that illustrates the direct application of some of the principles informing ***Prāyānāma***.

Book and CD design are by Arjun. Book printing and CD manufacture were completed in Nipaluna / Hobart. The book's front cover picture is by **Steven Grainger**.