

RNI Regn. No. KARENG/2012/49260
Postal Registration No. DWD/185/Jan 2019 - Dec 2021

A Scientific and Philosophical Research in Yoga

YOGA QUEST

Volume 9 Issue 5
May-2020

₹ 275/-



Contents

Spirituality Section



43...Pranayama
BAHYA PRANAYAMA

45...Mind & Soul
MENTAL RELAXATION

50...Yoga Mudra
VAJRAPRADAMA
MUDRA



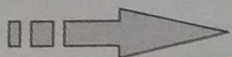
Life Connections

Stories from Jinjin...53
THINK BEFORE YOU JUDGE

Vibration...55
MEDITATION CRYSTALS FOR
HIGHER VIBRATIONS

Indian Festivals...58
THE SACRED BILVA PATHRA

APPENDICITIS...59



6 YOGA QUEST

To Advertise in YOGA QUEST

E-mail : yoga_yogabooks@yahoo.co.in