

The Lotus and the Rose

Dear Reader

This book is dedicated to the realistic individual, whose curiosity, sceptical but sincere and genuine interest in Pranayama Yoga has made the Art of Relaxation the accepted way of life East and West.

This particular form of Yoga is non-religious, non-political and non-competitive. This way of life teaches relaxation of the mind and body, enabling the individual to eliminate mental and physical tension. This form of Yoga gives the ability to face the ruthless demands of the Rat Race, without fatigue in mind or body.

The unique sequences of breathing and physical exercises are especially designed to improve concentration and circulation.

I am bestowed with one of the greatest privileges a human being ever experiences in a lifetime; to meet and teach Yoga to people of all ages and from all walks of life, in the East and West. No human being could want more from one lifetime. My observation of the individual is that every human being is but a fascinating personality.

Studying and practising Pranayama Yoga sincerely today, tomorrow and always, gives the perfect attitude of mind to harmonise with reality. Above all, the practical peace of mind sought by one and all.

With Diligence, Perfection and Detachment.

Sincerely Yours

Yogini Sunita.

योगिनी सुनीता.