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Sri Dharma Mittra is the author of The Master Yoga Chart of 908 Postures, ASANAS: 608 Yoga Poses, and the Maha SadhanaDVD series. He continues to disseminate the complete traditional science of yoga through daily classes, workshops worldwide, and his Life of a Yogi Teacher Certification programs at the

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first left the ashram of  
my guru, Swami  
Kailashananda, in  
1975, I was very  
enthusiastic, in good  
shape, and spiritually  
intoxicated. I wanted to  
give the guru  
something in thanks as

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an act of devotion, so I set to work on the Master Yoga Chart of 908 Asanas.

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The yoga asanas gently encourage us to become more aware of our body, mind, and

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environment. The 12 basic poses or asanas are much more than just stretching. They open the energy channels, chakras and psychic centers of the body while increasing flexibility of the spine, strengthening bones and stimulating the circulatory and immune systems.

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