



# HINDUISM & YOGA

**Swami Yatidharmananda On Hinduism & Yoga (Part 1) Click here to view--> <https://youtu.be/gmvtkVQjvAI>**

Swami Yatidharmananda is a disciple of Swami Chidananda who was a direct disciple of Swami Sivananda of Rishikesh. I am spelling these names out here because although they are mentioned quickly in the video, it may be hard to catch them clearly. After an introduction by our own Guru Dilieepji Thankappan, Swamiji tells of his background, his meeting and discipleship with his own guru, and then explains many of the core tenets of Hinduism and Yoga philosophy. Some Question-and-Answer time is allowed here, and even more in Part 2 which follows.

**Swami Yatidharmananda On Hinduism & Yoga (Part 2) Click here to view--> <https://youtu.be/fguDFOJ2sy8>**

Continuing his discussion of Hinduism and Yoga and many its many varieties, Swamiji offers answers to a wide variety of questions from the students with a great deal of candor and humor.

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