

A person is performing a handstand on a beach at sunset. The person is silhouetted against the bright orange and yellow sky. The sun is low on the horizon, creating a shimmering reflection on the water. The overall scene is peaceful and serene.

# UNDERSTANDING THE IMPORTANCE OF DHARANA AND ITS YOGIC UTILITIES

*The School of Yoga #6*

ANAND GUPTA

# **Introduction**

By using this book, you accept this disclaimer in full.

## **No advice**

The book contains information. The information is not advice and should not be treated as such.

## **No representations or warranties**

To the maximum extent permitted by applicable law and subject to section below, we exclude all representations, warranties, undertakings and guarantees relating to the book.

Without prejudice to the generality of the foregoing paragraph, we do not represent, warrant, undertake or guarantee:

- that the information in the book is correct, accurate, complete or non-misleading.
- that the use of the guidance in the book will lead to any particular outcome or result.

## **Limitations and exclusions of liability**

The limitations and exclusions of liability set out in this section and elsewhere in this disclaimer: are subject to section 6 below; and govern all liabilities arising under the disclaimer or in relation to the book, including liabilities