



Ignis

YOGA AND IGNATIAN SPIRITUALITY

TABLE OF CONTENTS

1.	From the Editor	3
2.	Yoga as an Aid to Prayer and Sadhana <i>Lourdu Arulraj, HCC</i>	7
3.	Jesus Prayer and Jesuit Spirituality <i>Sebastian Painadath, S.J.</i>	16
4.	The Buddha's Psycho-spirituality at the Service of Ignatian Spirituality <i>S. Lawrence, S.J</i>	35
5.	Yoga and Meditation <i>Korkoniyas Moses, S.</i>	57