



Yoga in Practice

By -

Princeton University Press, United States, 2011. Paperback.
 Book Condition: New. 234 x 152 mm. Language: English . Brand New Book. Yoga is a body of practice that spans two millennia and transcends the boundaries of any single religion, geographic region, or teaching lineage. In fact, over the centuries there have been many yogas --yogas of battlefield warriors, of itinerant minstrels and beggars, of religious reformers, and of course, the yogas of mind and body so popular today. Yoga in Practice is an anthology of primary texts drawn from the diverse yoga traditions of India, greater Asia, and the West. This one-of-a-kind sourcebook features elegant translations of Hindu, Buddhist, Jain, and even Islamic yogic writings, many of them being made available in English for the very first time. Collected here are ancient, colonial, and modern texts reflecting a broad range of genres, from an early medical treatise in Sanskrit to Upanishadic verses on sacred sounds; from a Tibetan catechetical dialogue to funerary and devotional songs still sung in India today; and from a 1930s instructional guide by the grandfather of contemporary yoga to the private papers of a pioneer of tantric yoga in America. Emphasizing the lived experiences to be found...



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Reviews

This book is definitely not simple to begin on studying but quite fun to see. I actually have read and that i am sure that i will gonna read through yet again once again in the foreseeable future. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Brennan Koelpin**

Comprehensive guide! Its this type of very good read through. It is actually writter in simple words and phrases rather than difficult to understand. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Bernie Mante PhD**