



# The Path of Yoga: An Essential Guide to Its Principles and Practices

*By Georg Feuerstein*

Download now

Read Online 

## The Path of Yoga: An Essential Guide to Its Principles and Practices By Georg Feuerstein

This overview of the essentials of Yoga is meant to both broaden and deepen the understanding of beginning students. It covers all the basic elements of this ancient discipline and philosophy of India—including Yoga poses, diet, breath control, meditation, mantras, Kundalini energy, and more. It also includes newly translated excerpts from the scriptures and pays special attention to branches of Yoga, such as Tantra, that are of great interest to Western students but are frequently misunderstood.

 [Download The Path of Yoga: An Essential Guide to Its Princi ...pdf](#)

 [Read Online The Path of Yoga: An Essential Guide to Its Prin ...pdf](#)

# The Path of Yoga: An Essential Guide to Its Principles and Practices

*By Georg Feuerstein*

## **The Path of Yoga: An Essential Guide to Its Principles and Practices** By Georg Feuerstein

This overview of the essentials of Yoga is meant to both broaden and deepen the understanding of beginning students. It covers all the basic elements of this ancient discipline and philosophy of India—including Yoga poses, diet, breath control, meditation, mantras, Kundalini energy, and more. It also includes newly translated excerpts from the scriptures and pays special attention to branches of Yoga, such as Tantra, that are of great interest to Western students but are frequently misunderstood.

## **The Path of Yoga: An Essential Guide to Its Principles and Practices** By Georg Feuerstein **Bibliography**

- Sales Rank: #224769 in Books
- Brand: www.Mas-India.com
- Published on: 2011-03-22
- Released on: 2011-03-22
- Original language: English
- Number of items: 1
- Dimensions: 8.98" h x .52" w x 5.99" l, .44 pounds
- Binding: Paperback
- 192 pages

 [Download The Path of Yoga: An Essential Guide to Its Princi ...pdf](#)

 [Read Online The Path of Yoga: An Essential Guide to Its Prin ...pdf](#)

## Download and Read Free Online *The Path of Yoga: An Essential Guide to Its Principles and Practices* By Georg Feuerstein

---

### Editorial Review

From Publishers Weekly

For many Americans, Yoga has become just another kind of aerobics, an exercise system disconnected from any religious framework. As a spiritual corrective to that distortion, Feuerstein's guide is an important pointer in the right direction that should also help readers understand the astonishingly sophisticated system that has emerged from a 5000-year-old Indian spiritual tradition. Employing a very accessible vocabulary, Feuerstein's work offers real utility in its overview, its list of what to read next and its identification of useful resources from both Buddhist and Hindu traditions. Most importantly, Feuerstein includes significant discussions of meditation, mantra, Kundalini and Tantra, which are themselves tantalizing recognitions of the transcendent paths within Yoga. As a starting point for the seeker, Feuerstein's book is excellent. The book is also refreshing in its own unpretentious recognition that it is only that.

Copyright 1996 Reed Business Information, Inc.

From [Booklist](#)

Feuerstein, author of more than 20 books about yoga and other facets of Indian spirituality, is adept at presenting accurate and accessible interpretations of these traditions to Western readers. In this welcoming primer of yogic thought and practice, he places yoga within a historical context, clears up common misconceptions, defines terms, and provides concise descriptions of the main branches, or schools, of yoga. At each stage of this fluid exposition, Feuerstein emphasizes how the practice of yoga benefits all aspects of life, including the physical, psychological, intellectual, and spiritual. The aim of all yogic practices, from following moral precepts to refined techniques of breath control, is for the practitioner to live in harmony with the world through transcendence of the ego-personality. Feuerstein uses this goal as a touchstone as he describes the importance of the teacher-student relationship, the significance of asanas and meditation, and yogic "dietary wisdom." As he moves on to increasingly complex and challenging yogic disciplines, Feuerstein retains his lucidity, but, naturally, can only scratch the surface of these profoundly demanding and esoteric realms. *Donna Seaman*

Review

"Whether you are a student of yoga or would like to become more familiar with this ancient Indian tradition, you will find this an easy-to-read guidebook that is based on authentic writings and experiences of some of India's great yogis."—*Booklist*

"Certainly a staple of any well-rounded yoga collection."—*Library Journal*

"Feuerstein's guide is an important pointer in the right direction that should also help readers understand the astonishingly sophisticated system that has emerged from a 5,000-year-old Indian spiritual tradition."—*Publishers Weekly*

"This is a classic book for every Yoga enthusiast, whether neophyte or seasoned practitioner."—Sarah Powers, author of *Insight Yoga*

"This was one of my first philosophical books on Yoga, and it gave me a strikingly clear and accessible doorway into the historically rich interwoven layers of this diverse path. Each time I reread it, I am delighted to find new insights and connections that I had missed before."—Sarah Powers, author of *Insight Yoga*

"If you're looking for a comprehensive yet very readable introduction to the important schools and practices of the Yoga tradition, look no further. A master work by a master scholar-practitioner, this is the only book I ever recommend to students wanting to lay a historical and philosophical foundation as they begin the serious study of Yoga."—Richard Rosen, author of *The Yoga of Breath*

"This is an excellent little introduction to some of the practices and theologies of Yoga, with particular emphasis on the Tantra traditions, which, although not mainstream in Hinduism, have recently become popular in the West. Feurerstein is taken seriously by both academics and yogis, and authoritatively combines the qualities of scholarship with the sensitivities of a practitioner. I always learn much from his writings."—Edwin Bryant, professor of Hindu Religion and Philosophy, Rutgers University

## **Users Review**

### **From reader reviews:**

#### **Stevie Mozingo:**

Book is written, printed, or descriptive for everything. You can learn everything you want by a reserve. Book has a different type. As we know that book is important factor to bring us around the world. Close to that you can your reading expertise was fluently. A guide *The Path of Yoga: An Essential Guide to Its Principles and Practices* will make you to be smarter. You can feel much more confidence if you can know about every thing. But some of you think that open or reading a new book make you bored. It's not make you fun. Why they could be thought like that? Have you looking for best book or acceptable book with you?

#### **Rebecca Wheeler:**

Playing with family in a very park, coming to see the coastal world or hanging out with buddies is thing that usually you might have done when you have spare time, after that why you don't try thing that really opposite from that. A single activity that make you not sense tired but still relaxing, trilling like on roller coaster you are ride on and with addition of knowledge. Even you love *The Path of Yoga: An Essential Guide to Its Principles and Practices*, you could enjoy both. It is fine combination right, you still need to miss it? What kind of hang type is it? Oh seriously its mind hangout fellas. What? Still don't get it, oh come on its identified as reading friends.

#### **Jeanette Williams:**

Your reading 6th sense will not betray an individual, why because this *The Path of Yoga: An Essential Guide to Its Principles and Practices* publication written by well-known writer who really knows well how to make book which might be understand by anyone who all read the book. Written within good manner for you, still dripping wet every ideas and producing skill only for eliminate your own hunger then you still question *The Path of Yoga: An Essential Guide to Its Principles and Practices* as good book not simply by the cover but also by the content. This is one e-book that can break don't judge book by its handle, so do you still needing one more sixth sense to pick this!? Oh come on your studying sixth sense already said so why you have to listening to yet another sixth sense.

**William Hill:**

You can obtain this *The Path of Yoga: An Essential Guide to Its Principles and Practices* by browse the bookstore or Mall. Just simply viewing or reviewing it might to be your solve problem if you get difficulties on your knowledge. Kinds of this publication are various. Not only by means of written or printed but in addition can you enjoy this book by e-book. In the modern era similar to now, you just looking because of your mobile phone and searching what your problem. Right now, choose your ways to get more information about your book. It is most important to arrange yourself to make your knowledge are still change. Let's try to choose correct ways for you.

**Download and Read Online *The Path of Yoga: An Essential Guide to Its Principles and Practices* By Georg Feuerstein  
#QXZ9EMSJ8I5**

# **Read The Path of Yoga: An Essential Guide to Its Principles and Practices By Georg Feuerstein for online ebook**

The Path of Yoga: An Essential Guide to Its Principles and Practices By Georg Feuerstein Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The Path of Yoga: An Essential Guide to Its Principles and Practices By Georg Feuerstein books to read online.

## **Online The Path of Yoga: An Essential Guide to Its Principles and Practices By Georg Feuerstein ebook PDF download**

### **The Path of Yoga: An Essential Guide to Its Principles and Practices By Georg Feuerstein Doc**

**The Path of Yoga: An Essential Guide to Its Principles and Practices By Georg Feuerstein Mobipocket**

**The Path of Yoga: An Essential Guide to Its Principles and Practices By Georg Feuerstein EPub**

**QXZ9EMSJ8I5: The Path of Yoga: An Essential Guide to Its Principles and Practices By Georg Feuerstein**