



# The Yoga Tradition: Its History, Literature, Philosophy and Practice

By Georg Feuerstein

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From the foremost living authority on Yoga comes the most comprehensive and reliable treatment of the subject available today. This is a work of impeccable scholarship by a person who has dedicated his life to the understanding and practice of yoga. The book offers a complete overview of every Yogic tradition, from the familiar to the lesser-known forms. It also covers all aspects of Hindu, Buddhist and Jaina Yoga, including history, philosophy, literature, psychology and practice. In addition, included are translations of twenty Yoga treatises and the first translation of the Goraksha Paddhati.

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### Editorial Review

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Feuerstein is a renowned yoga scholar and a tireless communicator, sharing his knowledge in more than two dozen books on the subject as well as translations of key yoga scriptures. Most Westerners have a limited understanding of what the term *yoga*, which means "union," implies. Feuerstein describes *yoga* as a "spectacularly multifaceted phenomena," and performs a truly yogic feat by combining commentary with translated Sanskrit teachings, history with theory, the spiritual with the practical, and the classical with the contemporary. He illuminates every facet and phase of *yoga* from its roots in shamanism to its connections to the complex and dynamic spirituality of India, especially *yoga*'s relationship with Hinduism and Buddhism. Feuerstein explicates the different yogic schools and profiles key *yoga* teachers. *Yoga* is a vast and vital universe maintained over the centuries by the discipline and persistence of its practitioners, who strive to join the physical with the spiritual, the "individual self with the supreme Self." No more adept or comprehensive study of *yoga* aimed at a Western audience is to be found. *Donna Seaman*

#### Review

Without a doubt the finest overall explanation of *Yoga* ... Destined to become a classic. -- *Ken Wilber, author of A Brief History of Everything*.

#### About the Author

Georg Feuerstein, Ph.D., is founder-director of the Yoga Research Center in Northern California and serves on the governing board of the Healing Buddha Foundation. He is a contributing editor of *Yoga Journal*, *Inner Directions* and *Intuition* and has written thirty books, including the award-winning *Shambhala Encyclopedia of Yoga* and *Tantra: The Art of Ecstasy*.

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