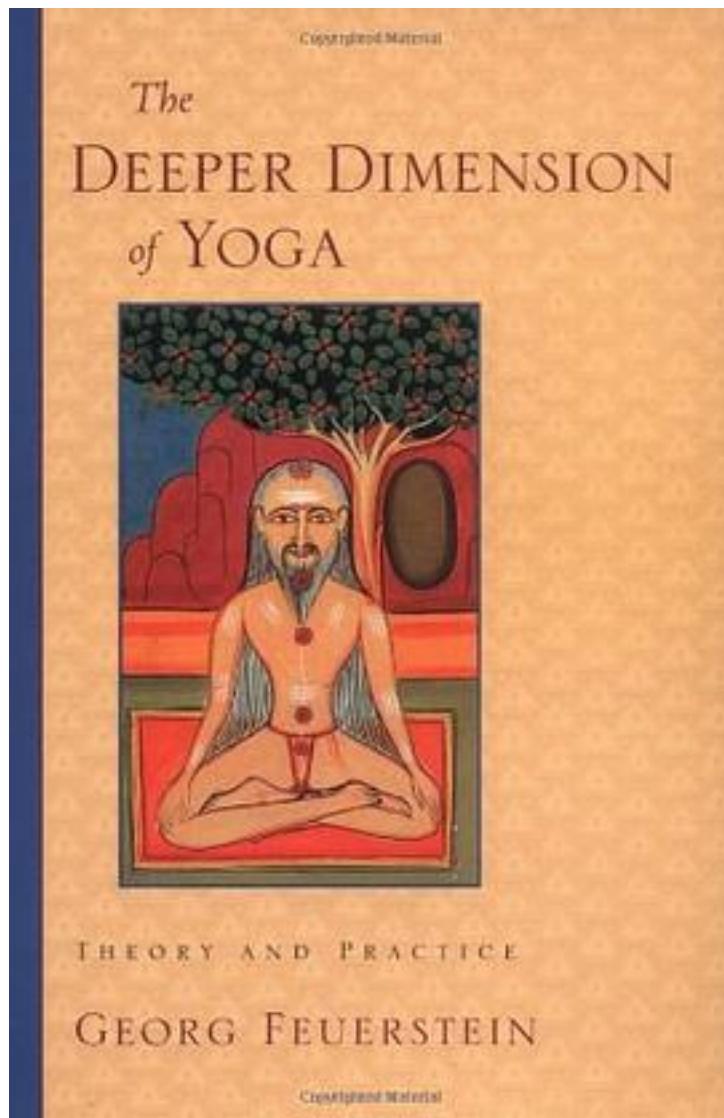


The Deeper Dimension of Yoga



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作者介绍:

Reviews of The Deeper Dimension of Yoga

"George Feuerstein ably demonstrates the depth and profundity of Yoga as a spiritual discipline."—Spirituality & Health

"His writing is lucid and accessible, without sacrificing any of the scholarly substance earned through three decades of intensive study, practice, research, and writing."—Yoga Journal

Description of The Deeper Dimension of Yoga

Here is a comprehensive survey of the full breadth and depth of the 5,000-year-old Yoga tradition, emphasizing its potent philosophy and spiritual vision. Georg Feuerstein demonstrates that Yoga is much more than a system of physical exercises—it is a profound path of self-transformation that encompasses a range of teachings, practices, and sacred texts that can help us cultivate wisdom, balance, and inner freedom, as well as physical health.

Feuerstein is one of the few Western scholar-teachers of Yoga whose writing and teaching penetrate the full richness and depth of this ancient tradition. Here he offers a collection of essays touching on all facets of the discipline.

Topics include:

- * The different branches and styles of Yoga
- * The ethical teachings of Yoga
- * Yoga and vegetarianism
- * Meditation and mantras
- * Choosing a teacher
- * Tantric Yoga
- * The experience of ecstasy

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