



# 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. Feuerstein 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:

#### **Lisa Buffington:**

Why don't make it to be your habit? Right now, try to ready your time to do the important behave, like looking for your favorite e-book and reading a guide. Beside you can solve your trouble; you can add your knowledge by the guide entitled The Path of Yoga: An Essential Guide to Its Principles and Practices. Try to stumble through book The Path of Yoga: An Essential Guide to Its Principles and Practices as your buddy. It means that it can to get your friend when you truly feel alone and beside those of course make you smarter than ever before. Yeah, it is very fortuned for yourself. The book makes you considerably more confidence because you can know every thing by the book. So , let me make new experience along with knowledge with this book.

#### **Herbert White:**

Does one one of the book lovers? If so, do you ever feeling doubt if you find yourself in the book store? Try and pick one book that you just dont know the inside because don't assess book by its cover may doesn't work this is difficult job because you are afraid that the inside maybe not because fantastic as in the outside appear likes. Maybe you answer might be The Path of Yoga: An Essential Guide to Its Principles and Practices why because the wonderful cover that make you consider about the content will not disappoint you actually. The inside or content will be fantastic as the outside as well as cover. Your reading sixth sense will directly make suggestions to pick up this book.

#### **Mark Malek:**

Are you kind of hectic person, only have 10 or 15 minute in your moment to upgrading your mind ability or thinking skill also analytical thinking? Then you are experiencing problem with the book than can satisfy your short time to read it because all this time you only find reserve that need more time to be learn. The Path of Yoga: An Essential Guide to Its Principles and Practices can be your answer because it can be read by a person who have those short time problems.

**Heidi Garcia:**

Beside this specific The Path of Yoga: An Essential Guide to Its Principles and Practices in your phone, it might give you a way to get more close to the new knowledge or facts. The information and the knowledge you will get here is fresh through the oven so don't be worry if you feel like an old people live in narrow commune. It is good thing to have The Path of Yoga: An Essential Guide to Its Principles and Practices because this book offers to you readable information. Do you often have book but you rarely get what it's about. Oh come on, that will happen if you have this in the hand. The Enjoyable option here cannot be questionable, like treasuring beautiful island. So do you still want to miss the idea? Find this book and also read it from now!

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

**#Z098ON6SV4R**

# **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**