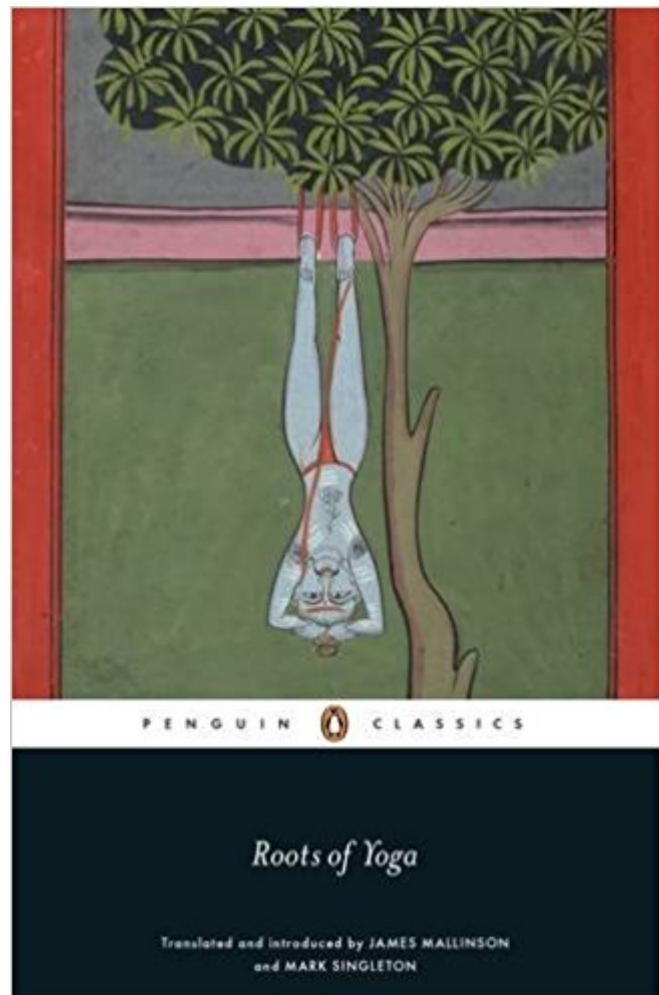


The book was found

# Roots Of Yoga



## Synopsis

The first single, reliable collection of primary material from the source traditions of yoga Â Despite the immense popularity of yoga today, there is surprisingly little knowledge of its roots among practitioners. This book brings together, for the first time, the core teachings of yoga in the words of their authors, rather than in the secondary versions of modern interpreters. Including key passages from the Upanishads, the Buddhist and Jaina traditions, the yoga sections of the Indian Tantras, and many texts that are being critically translated for the first time, Roots of Yoga provides a comprehensive and immediate insight into the essential texts of the Indian traditions of yoga. This book is a first stop for anyone wishing to learn more than they are told at their yoga class, and an indispensable resource for serious yoga practitioners and teachers.

## Book Information

Paperback: 512 pages

Publisher: Penguin Classics (April 11, 2017)

Language: English

ISBN-10: 0241253047

ISBN-13: 978-0241253045

Product Dimensions: 5.9 x 0.9 x 8.3 inches

Shipping Weight: 13 ounces (View shipping rates and policies)

Best Sellers Rank: #741,320 in Books (See Top 100 in Books) #121 inÂ Books > Literature & Fiction > World Literature > Asian > Indian #230 inÂ Books > Politics & Social Sciences > Philosophy > Eastern > Indian #1858 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga

[Download to continue reading...](#)

YOGA: The Essential Guide To Yoga For Beginners (Yogananda, Yoga Anatomy, Yoga Poses, Yoga Sutra, Yoga For Men, Yoga Journal) Yoga For Beginners: An Easy Yoga Guide To Relieve Stress, Lose Weight, And Heal Your Body (yoga, yoga for beginners, yoga for weight loss, yoga guide, chakras, meditation) Yoga for Beginners: Top 10 Essential Yoga Poses (Yoga Meditation, Yoga Workouts, Yoga Books, Yoga Sutras) Yoga for Kids: Safe Yoga Poses for Children ages 0-12: Starting Them Young: Children's Yoga Poses for Total Mind-Body Fitness (Yoga for Kds) Yoga: Your Journey To Incredible Health, Weight Loss, and Ultimate Happiness (2nd Edition) (Yoga, Yoga for Beginners, Yoga Positions, Meditation, Mindfulness, Chakras, Mobility) Yoga: Ultimate Yoga Mastery: 2-Books-in-1 (50+ Beginner and Advanced Poses Illustrated) (Yoga Healing, Stress

Reduction and Mindfulness) At Office Yoga: Your At Work Yoga Guide For Stiff Bodies That Sit All Day (Just Do Yoga Book 7) Yoga Mama, Yoga Baby: Ayurveda and Yoga for a Healthy Pregnancy and Birth Shadow Yoga, Chaya Yoga: The Principles of Hatha Yoga Roots of Yoga Rainbow Warriors and the Golden Bow: Yoga Adventure for Children (Rainbow Warriors Yoga Series) Luke's Beach Day: A Fun and Educational Kids Yoga Story (Kids Yoga Stories) Good Night, Animal World: A Kids Yoga Bedtime Story (Kids Yoga Stories) Yoga for a Happy Back: A Teacher's Guide to Spinal Health through Yoga Therapy Gentle Yoga for Multiple Sclerosis: A Safe and Easy Approach to Better Health and Well-Being through Yoga Yoga for Better Bones: Safe Yoga for People with Osteoporosis The American Yoga Association's Easy Does It Yoga : The Safe and Gentle Way to Health and Well-Being Yoga for Computer Users: Healthy Necks, Shoulders, Wrists, and Hands in the Postmodern Age (Rodmell Press Yoga Shorts) Yoga of the Subtle Body: A Guide to the Physical and Energetic Anatomy of Yoga Yoga Journal Presents Restorative Yoga for Life: A Relaxing Way to De-stress, Re-energize, and Find Balance

[Dmca](#)