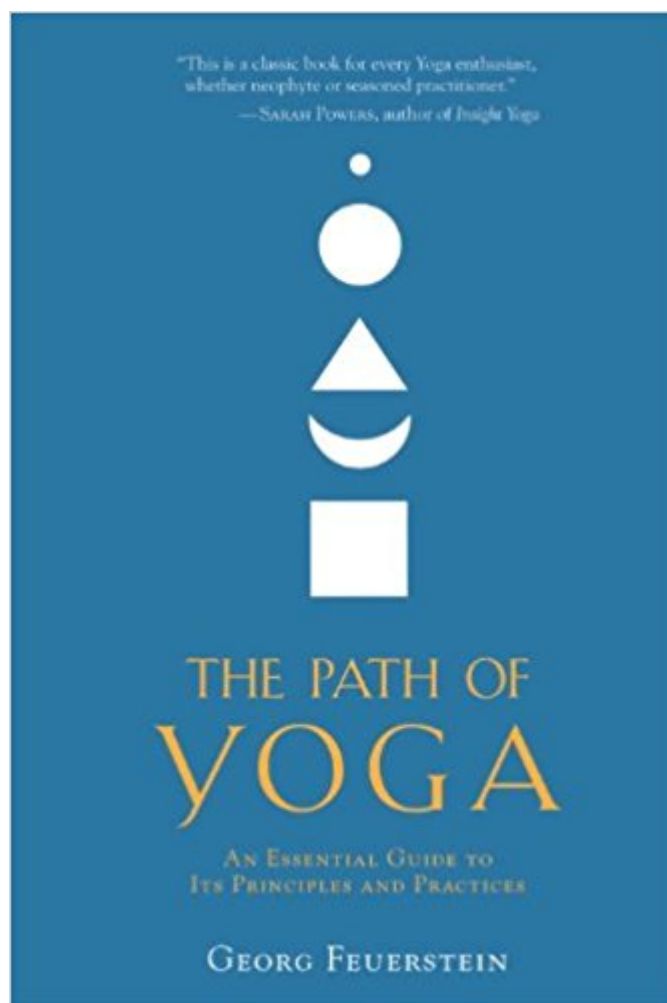


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The Path Of Yoga: An Essential Guide To Its Principles And Practices



Synopsis

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.

Book Information

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Customer Reviews

When looking for books on Yoga, I had no idea where to start and I didn't want to read some...American trying to cash in book. I saw this book and it seemed real. Wow, I'm glad this is the first book I read on Yoga. Georg Feurstein fully knows and understands the essence of Yoga. The book touches on everything from the history of Yoga to a Yogi's diet. I like how Feurstein always refers back to the old Sanskrit texts of Yogi practices. However, if you are looking for a book where you actually do the postures then look for another book because this book doesn't satisfy that. You should read all you can about Yoga before attempting it, I know my presumptions on Yoga have been changed from reading this book.

This is a good introductory survey of the field of yoga by the man who is probably the most popular yoga scholar around. I emphasize the word popular because I'm not actually sure how much cutting edge research (new translations, scholarly publications, etc) he's actually doing these days. Probably not much, since Feuerstein is now retired, but his books are generally so approachable

that for people who want coverage of yoga's intellectual heritage, he is often the go-to man. This particular offering is definitely for those just getting themselves wet in this area. It covers the basic branches of yoga (raja, karma, bhakti, jnana etc), the guru relationship, ethical precepts, purification practices, diet, breath, mantras and, of course, all the more esoteric stuff about kundalini and left-handed sexual practices everyone loves. Libraries could be filled by the tomes on such fare, so for a book under 200 pages this can't be anything more than cursory, an almost bullet-point like survey. And that's okay, provided it's what you're looking for. Anyone who wants to do asanas will need to look elsewhere. The same goes if you're interested in some particular facet of yogic practice or theory, say concerning the chakras, or specs on hatha yoga, the yamas, or how to eat according to your dosha, etc. It is what it is—a survey for new entrants—and that's all it is. If you're new and just finding your way around the world of yoga, it's a great book. If you're already pretty well informed and want to start fleshing out some of yoga's more rarified nooks and crannies, look elsewhere—e.g. the author's *The Deeper Dimension of Yoga: Theory and Practice*.

This book gave me a clearer understanding of Yoga. My greatest compliment is that it sustained my interest enough to read the book to the end. I enjoyed the humanistic tone of the book, and the simple ordering and structure of topics which brought clarity to a potentially overwhelming subject. I look forward very much to reading more of Georg Feuerstein's books.

Required for my yoga teacher training, it is a great introduction to yoga and its philosophy. I love to come back to the book for reference and better understanding of yoga practice as a whole not just the physical aspect but all aspect of yoga especially the philosophical part. Being very foreign to the philosophical yoga concept, I love the accessibility of book. It is easy to read. It is easy to use as reference. Hard concepts are clearly explained. One book to read if you want to get a deeper sense of philosophical yoga is "The Path of Yoga." Enjoy

Although very informative, it was very difficult getting through this book. This book seemed more than an introductory and appeared very dry. This was not the type of book that would motivate you to become involved in yoga.

I'm in training to become a Yoga teacher. This is a book I will come back over and over again to share information with my students when I start teaching.

As always I use this book in my classes and I use it for reference when I need to .. The late Georg Feuerstein was an amazing Historian , I have all his books .

Though I don't practice Yoga, just Qi-Gong. I find this book very informative and a must have to read for those not know much or history of the spirituality of Yoga. All the different Yoga, beliefs, and what you may not know of any of the Yoga you might had/is practicing.

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