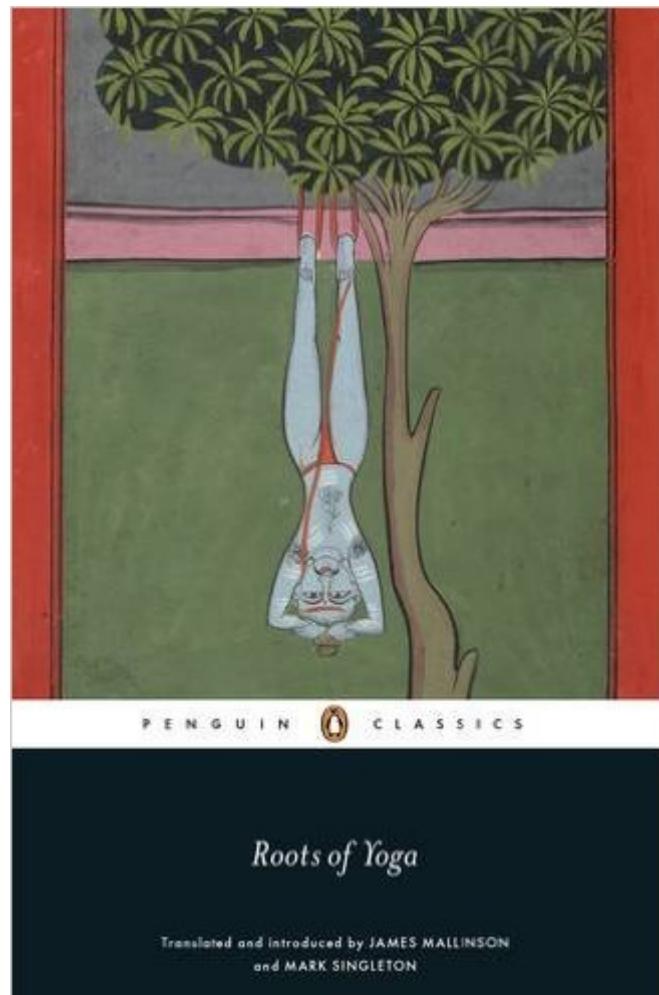


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Roots Of Yoga



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.

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